



Dr. Kelli Mosteller travels to Rekindle Tecumseh's Vision Conference

Page 3



Willis and Weatherford honored for fight against domestic violence

Page 6



Tribal election notice

Page 9



HOWNIIKAN

ApTEbbongises (December 2013)

People of the Fire

Secretary Jewell signs historic agreement with Citizen Potawatomi Nation

Secretary of the Interior Sally Jewell and Assistant Secretary of Indian Affairs Kevin K. Washburn today joined Citizen Potawatomi Nation Chairman John Barrett to formally approve tribal leasing regulations that will help spur

generating investment, new jobs and revenues. I applaud Chairman Barrett and Vice-Chairman Linda Capps for their leadership on this initiative and look forward to working with other tribes across the nation to maintain tribal

government relationship with Indian Country.

The Helping Expedite and Advance Responsible Tribal Homeownership Act (HEARTH Act), signed by President Obama

traditionally Algonquian-speaking Eastern Woodlands tribe has more than 30,000 enrolled tribal members, of whom more than 10,000 live in the state of Oklahoma.

authority applications are under review.

Today's ceremony comes almost a year after Interior issued new regulations to complement the HEARTH Act by streamlining the



Chairman Barrett, Secretary Jewell, Assistant Secretary Washburn are joined by Vice-Chairman Capps and Congressman Cole at the signing of the HEARTH Act regulations.



Chairman Barrett and Vice-Chairman Capps present a blanket to Secretary Jewell during her visit to Shawnee.

investment and commercial development on the nation's trust lands in central Oklahoma.

"The Citizen Potawatomi Nation now has the authority to decide how it wants to do business on its lands, making it easier for families to do things like buy and build houses or open businesses in the communities where they have lived for generations," said Secretary Jewell, who also serves as chair of the White House Council on Native American Affairs. "Today's action encourages economic development on Indian lands,

sovereignty and promote tribal self-determination and self-government."

Today's signing ceremony comes on the heels of the 2013 White House Tribal Nations Conference, when leaders from all 566 federally recognized tribes are invited to Washington, D.C. to interact directly with the President and senior cabinet and administration officials. The conference – the fifth for the Obama Administration – continues to build on the President's commitment to strengthen the government-to-

in July 2012, restores the authority of federally recognized tribes to develop and implement their own laws governing the long-term leasing of Indian lands for residential, business and other purposes. Upon one-time approval of these tribal regulations by the Department of the Interior, tribes have the authority to process land leases without Bureau of Indian Affairs (BIA) approval, greatly expediting the approval of leases for homes and small businesses in Indian Country.

"We are thankful to Secretary Jewell, Assistant Secretary Washburn and their team at the Department of Interior for their efforts in implementing the Hearth Act and approving the Citizen Potawatomi Nation business leasing regulations," said Chairman Barrett. "This is a step in the right direction for tribal self-governance and will empower tribal governments to take greater control of their land. CPN has created a thriving economy of retail and tourism developments and we look forward to working with other businesses to spur business and commercial development in Oklahoma."

The Citizen Potawatomi Nation, a

"Increased economic opportunity is the best way to raise the standards of living for tribal members. Today's formal approval of leasing regulations for the Citizen Potawatomi Nation will pave the way for just that," said Congressman Tom Cole, who attended the ceremony and was a cosponsor of the HEARTH Act. "This is not only beneficial for tribal governments, but the entire state of Oklahoma will feel the positive impact of increased economic activity. I am grateful to Secretary Jewell, Assistant Secretary Washburn and the Interior Department for their tireless efforts in helping tribes use their own lands."

The signing, which took place at the Potawatomi National Cultural Heritage Center in Shawnee, is the sixth tribal leasing ordinance approved by the Department of the Interior under the HEARTH Act. Previous pacts were signed with the Federated Indians of Graton Rancheria (February 1, 2013); Pueblo of Sandia (March 14, 2013); Pokagon Band of Potawatomi Indians (April 11, 2013); Ak-Chin Indian Community (November 10, 2013); and Santa Rosa Band of Cahuilla Indians (November 10, 2013). Additional tribal leasing

Citizen Potawatomi Nation receives Excellence in Financial Reporting Award for 25th year

The Government Finance Officers Association of the United States and Canada has recognized Citizen Potawatomi Nation for excellence in accounting and financial reporting. The award for fiscal year 2012 recognizes the tribe's adherence to financial transparency and full accountability of the CPN financial resources.

"This award confirms that we're taking good care of CPN's money and meeting the highest financial reporting standards," said Chairman John Barrett. "Our tribal citizens can remain

confident that we're being accountable and handling their money in the most transparent and responsible way possible."

The award is the highest form of recognition in the area of government accounting and financial reporting, and represents a significant accomplishment by Citizen Potawatomi Nation.

"This is a third party confirmation that can assure the Potawatomi people that the financial statements of the Nation have met the utmost standards for 25 years," said Susan Blair, chief



Becky Cragin, assistant director of finance and Susan Blair, chief financial officer, stand with the most recent GFOA award.

financial officer.

The award recognizes CPN's efforts to provide financial statements and accurately present the financial condition of all tribal funds for the previous fiscal year.

"This award is additional assurance to our tribal citizens that we are being responsible with and protecting CPN assets," Blair added. "It makes me very proud to know that we have such an excellent accounting team that is dedicated to doing the best they can in their areas. It also continues to give a confirmation that the

Nation's leadership is committed to striving for excellence."

Submissions are judged by an impartial panel to meet the high standards of the program including demonstrating a constructive spirit of full disclosure to clearly communicate the financial story for CPN.

The GFOA established the Certificate of Achievement for Excellence in Financial Reporting Program in 1945 to recognize individual governments for their achievements in financial reporting.

Colder months mean crafting

With the colder and darker months upon us, some may get the urge to craft. The Potawatomi traditionally spent a lot of time inside, repairing household items as well as making clothing and other items necessary for survival during the winter months when it was too cold for outdoor activities. Though they started out of necessity, elements of these activities continue today as a form of entertainment and a reason for social gatherings.

“During the early years in Indian Territory, we had to craft and undertake certain domestic tasks throughout the winter months to be able to survive,” said Dr. Kelli Mosteller, Citizen Potawatomi Nation Cultural Heritage Center Director. “We would can foods, sew and repair clothing for winter and summer, and bake because it was necessary to stockpile household goods and food; there was rarely a market nearby to easily purchase these necessities.”

In the modern era, crafting is still based on long-practiced domestic skills, but now serves as a reason to gather as a tribal community and create craftwork for enjoyment or sale. Powwow dancers who are constantly competing in the summer use the winter months to perfect their regalia.

If you’re feeling the desire to craft

in these winter months, the Firelake Gift Shop has something special for you to work on. Here is what we have available:

- Men’s Bandolier Kit \$35.00
- Moccasin Kit \$57.00
- Beaded Purse Kit \$24.95
- Beadwork Starter Kit \$24.95
- Spirit Stick Kit \$10.00
- Earring Beading Kit \$22.95
- Gourd Rattle Kit \$24.95

FireLake Gifts Online is your one stop shop for Native gifts, offering original works as well as limited prints by Native American artists, along with handmade jewelry and supplies for artisans working on their own projects. The storefront is located inside the Citizen Potawatomi Nation Cultural Heritage Center at 1899 S. Gordon Cooper Dr. in Shawnee, Oklahoma.

FireLake Gifts store hours are, 8:30 a.m.-5:30 p.m. Monday through Friday and 10 a.m.-3p.m. on Saturday. The phone number is (405)-275-3119 and you can shop online at <http://giftshop.potawatomi.org/>.



Baptist Bear

Baptist Sporting Goods in Shawnee, Okla. recently closed its doors and donated a staple of its store, a large stuffed brown bear, to the local historical society. Staff from CPN's Housekeeping volunteered their time and effort to make sure the mammoth object was safely moved to the Santa Fe Depot Museum.



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Honoring Our Past at the Rekindle Tecumseh’s Vision Conference

By Dr. Kelli Mosteller, Director of the CPN Cultural Heritage Center

October 5th marked the bicentennial of the death of the Shawnee warrior and leader Tecumseh at the Battle of the Thames during the War of 1812. Members of the Walpole Island First Nation in Wallaceburg, Ontario co-hosted a seven-day gathering on the island (Bkejwanong Territory) and Moraviantown from September 29 to October 5 to commemorate the significant event. Festivities included a day-long historical conference, the unveiling of a restoration/expansion project for the Tecumseh monument on Walpole Island, a sunrise ceremony, gathering of pipes and eagle staffs, women’s ceremonies, and a community feast.

Blake Norton, the Curator/Archivist at the CPN Cultural Heritage Center, and I were invited to speak at the history conference, which included a keynote address by Pulitzer Prize winning historian Alan Taylor, other university academics, as well community scholars and historians with expertise on Native peoples and the War of 1812. Presenters spoke on subjects ranging from Native struggles leading up to the conflict to the legacy of the War of 1812 on the indigenous populations of the United States and Canada.



This is the tomb that contains Tecumseh’s remains. It is on Walpole Island (Bkejwanong Territory). There was a special dedication ceremony for the new monument and a traditional ceremony to commemorate Tecumseh’s death.

Blake’s presentation, titled “Segnak – The Warrior History Lost,” highlighted the life and influence of the fierce Potawatomi warrior Blackbird, who was a central figure in several battles, including the Battle of Fort Dearborn. Blake’s research was well-received and numerous attendees approached him after his speech to say that they are descendants of Blackbird and to ask for further information on the important, but little known leader. My paper was titled “An Unsettling Legacy: The War of 1812 and the Removals of the 1830s.” I spoke about how the defeat of the Native Americans and their British allies changed the relationship between the

Potawatomi and the United States government, ultimately creating a climate of increased tensions that



At the Battle of Thames battlefield site, where Tecumseh was killed

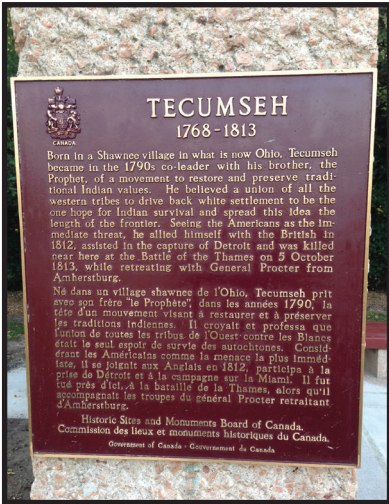
led to the development of the Indian Removal Act of 1830.

In the days after the conference

we took a guided tour through the Walpole Island reservation, explored several of the War of 1812 battle sites that pepper southern Ontario, and visited Niagara Falls. Blake and I were honored to be invited to such an important event and overwhelmed with the hospitality and graciousness of everyone involved.

Editor’s note: You will have the opportunity to read both presentations online at Potawatomi.org and in the Hownikan.

Continued on page 5.



An Unsettling Legacy: The War of 1812 and the Removal Treaties of the 1830s

By Dr. Kelli Mosteller, Director of the CPN Cultural Heritage Center

In early September 1838, General Tipton called for a council at Menominee’s village near Twin Lakes in Indiana to discuss the issue of removal with tribal leaders. General Tipton had been assigned the task of removing the state’s remaining Potawatomi population by Governor David Wallace who believed the Potawatomi couldn’t live alongside a more “civilized” American population.

On the morning of September 4, 1838, a band of 859 Potawatomi, with their leaders restrained in the back of a wagon, set out on a forced march from their homeland in northern Indiana for a small reserve in present-day Kansas. To minimize the temptation for the Potawatomi to try to escape and return home militia members burned both fields and houses as the dejected members of the wagon train departed.

The journey was a 660-mile trek for which the Potawatomi were not prepared and through terrain to which they were not accustomed. The heat was oppressive and water was often scarce. They had only a few hundred horses to carry people and supplies, and promised additional wagons did not arrive before their departure; so, even the weak and elderly were forced to walk. The pace and conditions of the march debilitated the health of the travelers. A day rarely passed that a member of the party did not die, usually a child, forcing their bereft and exhausted families to leave the bodies behind in hastily dug graves. In the end more than forty people died during what the Potawatomi came to call the Trail of Death.

There is no single, master narrative of Native American removal from the Great Lakes. Instead, these indigenous peoples endured hundreds of removals, each surrounded by circumstances unique to each tribe, village or geographic area. This opening account of Indian removal from the Old Northwest is specific to the Potawatomi, but it is the result of a pointed shift in power in U.S./Indian relations that occurred after the War of 1812. In the years after the defeat of the British and their Indian allies in the war, the nature of the U.S. government’s Indian policy and the goal of treaty making became increasingly hostile toward Native Americans, opening the door for

the removals of the 1830s.

Early European Contact

Before the arrival of Europeans in North America, the Potawatomi and other Neshnabe peoples living around the Great Lakes largely functioned within a social structure that included a strong communal lifestyle in which individuals were bound together through ties of kinship, custom, and mutual necessity. Communities built their villages around clan systems and extended families. Traditionally, individual communities were led by village approved councils and headmen whose power stemmed from their relationship with, and influence over, the people. Leaders who wielded authority enjoyed the privilege because people respected their opinions enough to heed their advice. Leaders used this authority and power for moral suasion to create alliances and build relationships with councils and headmen of neighboring tribes. The structure of Neshnabe society, the existence of strong warrior societies, the sheer numbers of native peoples in the Great Lakes region and the superior knowledge of the terrain and warfare tactics conducive to fighting in the area meant that, for many years, the colonial powers vying for control of lands in what would become the Old Northwest were forced to deal with tribes on a government-to-government basis.

While European settlement allowed new alliances and lucrative avenues of trade to develop, it also caused new conflicts over territory and resources that resulted in a diaspora by the native population to avoid the detrimental conditions that accompanied political and social instability. By the end of the eighteenth century, the foundations for Neshnabe social structure were changed forever. Consensus traditionally governed Potawatomi village life – a system that worked as long as individuals who dissented were allowed to leave, new villages were free to form, and tribal leaders who disappointed the community could be cast aside. Infighting, destruction of old alliances, and significant constraints on movement greatly hindered these options and turmoil ensued.

The years of warfare between colonizers further escalated tensions between the tribes of the

Great Lakes, their Indian neighbors, and settlers, because European colonial forces pressured native communities to choose sides. The Potawatomi and their Neshnabek brethren were accomplished warriors. As such, during the fighting at the end of the eighteenth century and beginning of the nineteenth century, colonial military forces sought them out as mercenaries and reached out to village leaders to form alliances. These village leaders consistently made decisions about alliances based on the potential advantages each colonial entity could provide them and their kinsmen. At this period in history the advantage an ally could provide the leaders in their regional struggle to gain territory and dominance over ancient and new enemies was the most important for survival.

The friendship of one village with a European power offered no assurance that other Potawatomi villages would not partner with opposing colonial forces. The Potawatomi fought almost exclusively on the side of the French in the Beaver War of the mid-seventeenth century that pitted the British-backed nations of the Iroquois Confederacy against the French-allied Algonquian tribes of the Great Lakes over questions of territory. They also sided with the French in Fox Wars of the early eighteenth century over trade routes and in the French and Indian War. During the American Revolution and War of 1812 some Potawatomi villages sided with the British because they were valued trading partners, while others sided with the revolutionaries and Americans because they believed it would benefit them in their fight to maintain territory. Many saw it in their best interest to remain neutral.

America’s Policy of Indian Removal

After the defeat of the British and their native allies in the War of 1812, a marked change occurred in the nature of U.S./Indian relations. Throughout early American history, European colonies generally dealt with Native American tribes as separate nations with some legal title or claim to ownership of their lands, though they did not recognize absolute ownership. As a result, most government officials agreed that title could not be extinguished

without voluntary cession by members of the tribes. Each European colonial power had its own policy for dealing with Indian nations.

Though the colonial era greatly upset many of the lifeways and social structures of tribes throughout North America, in the eighteenth century most of the tribes in the Great Lakes region still possessed the numbers, military strength, and social structure to encourage the United States to continue treating with them on a government-to-government basis.

The actions of the U.S. government immediately following the American Revolution offered some promise that the practice of recognizing Indian land tenure would continue under the new federal government. The Northwest Ordinance, enacted in 1787 stated, “The utmost good faith shall always be observed toward the Indians; their land and property shall never be taken without their consent; and, in their property, rights, and liberty, they shall never be invaded or disturbed.” In 1806 the War Department created the new position of Superintendent of Indian Trade to manage national non-military Indian issues, primarily commerce and diplomacy.

In the decade after the American Revolution the U.S. government used the treaty-making process to satisfy the “consent” clause of the Northwest Ordinance while gaining large land cessions from tribes and furthering the expansionist interests of the new nation. As unorganized lands became territories and eventually states, and public opinion increasingly leaned toward the removal of native peoples from the land sought by Americans, the Native American inhabitants who refused to conform to new laws clashed with settlers and civil authorities. While acknowledging Native Americans’ unique condition as prior inhabitants of North America, political and cultural elites continued to insist that North America’s original inhabitants could not be “civilized” and were doomed to extinction as American civilization flourished and expanded. Cession treaties secured lands for the United States that were furiously sought by both settlers and politicians

and gave the desired perception of bringing order and security to the frontier.

It should be noted that in some cases the treaties furthered the interests of participating Indian tribes as well. Though tribes were very reluctant to cede any of their territory, the pursuit of their land through treaties cemented the fact that it was a commodity with a high value. The pre-War of 1812 treaties also reaffirmed the tribes as distinct political entities with unique and distinct negotiating powers. Even though the treaties clearly gave the lion’s share of power and authority to the government of the United States, before the War of 1812 no federal officials openly questioned the legitimacy of the treaty-making system or challenged the logic of tribes entering into such agreements.

Post-war Treaties

The War of 1812 was a watershed in U.S./Indian relations, however, and attitudes toward the status quo of Indian policy quickly changed in its aftermath. The United States was now acting from a position of assured dominance and political and public figures began to question the propriety of treaty making with tribes, especially those who had recently sided with the enemy.

The first treaties after the American victory at Thames were fairly mundane agreements and followed a pattern that was common after a military defeat. They were treaties that were meant to establish peace with the tribes of the Old Northwest. On July 22, 1814, General Harrison and Lewis Cass, the Governor of Michigan Territory, met with more than three thousand Indians at Greenville and entered into a treaty that proclaimed peace between the tribes and the United States and promised that the signatory tribes would lend aid to the Americans in their final push against the British. This was the first of many such agreements to be made that summer. Between July and the middle of September in 1814, commissioners signed thirteen separate peace treaties with tribes from the Great Lakes region.

A few years later, Andrew Jackson was the most vocal public figure to question the practice of treating

Continued on page 5

Two recognized at 5th annual AARP Oklahoma Indian Elder Honors —

Two Citizen Potawatomi Nation Tribal Members have been honored by AARP for their work in Native communities. Loretta Barratt Oden and Mary Ann Powell were recognized as AARP Oklahoma Indian Elders.

AARP Oklahoma State President Marjorie Lyons said this event, which has grown into the largest celebration of older Native Americans in the state, is a tribute to the venerated position of honor and respect tribal nations give to their elders.

“Though they come from different backgrounds and cultures, we see in tonight’s honorees, the common bond they share – respect, dignity and service to their fellow man,” she said. “Tonight, we add these names to the distinguished list of past honorees. We say ‘thank you’ and we give thanks for the ways they have touched so many lives in their families, communities and in our state.”

In the past five years, AARP has honored 250 Indian Elders from all 39-federally recognized tribes and nations headquartered in Oklahoma, she said.

include: a comprehensive survey of the needs and wants of Native Americans in Oklahoma, healthy cooking seminars, food security programs and health care law education for Native Americans.

“AARP’s vision of a society in which all people live with dignity and purpose is also the Indian way,” he said. “We are excited about how we can continue working to make that vision a reality in Oklahoma Indian Country as we continue to build relationships.”

Michael E. Bird, a member of the AARP National Policy Council, delivered the keynote address. Bird, a Santo Domingo-San Juan Pueblo Indian from New Mexico, was the first American Indian to serve as President of the American Public Health Association.

“These elders will leave an indelible impact on their tribes, their families and their communities for many years to come,” he said. “They have our respect and our gratitude for the ways they have helped keep and pass on our tribal traditions and way of life.”

of her mother, grandmothers and aunts and partnered with her son, the late chef Clayton Oden, to open the Corn Dance Café – the first restaurant to showcase food indigenous to the Americas. Loretta has been featured nationally on programs including Good Morning America, The Today Show and in The New York Times and National Geographic Traveler. She served as a guest chef in the Robert Mondavi Great Chefs Series and the 2006 Taste Celebration in Napa and on Barbara Pool Fenzl’s PBS series, Savor the Southwest. Loretta was the host of an Emmy Award-winning 5-part PBS series, Seasoned with Spirit, a culinary celebration of America’s bounty combining Native American history and culture with delicious, healthy recipes inspired by indigenous foods.

“I passionately love the work I do and the people I work with all over the country,” said Oden. “It’s so rewarding. It’s the gas in my tank. When I see the reaction to the food and to whom we are as Native people; it’s a great way to enlighten people about

Mary Ann Powell has spent much of her life helping Indian people with health and nutrition. In the early 1970s she started the Community Health Representative program for the Citizen Potawatomi Nation. She worked for Texas A&M in

Indian Hospital in the Women’s Clinic. Today, she welcomes guests from all over the country at the Citizen Potawatomi Heritage Center.

“I was honored to be recognized by the AARP,” said Mary Powell.



Longtime tribal employee and CPN member Mary Powell was honored for her role in helping establish the Community Health Representative program in the 1970s.



AARP Oklahoma Associate State Director Mashell Sourjohn, AARP National Policy Council Member Michael Bird, Citizen Potawatomi Nation member Loretta Barrett Oden and AARP Oklahoma State President Marjorie Lyons.

AARP State Director Sean Voskuhl, who emceed the event, says the Indian Elder Honors is the cornerstone of the association’s on-going work with Native Americans in the state. Among other projects he highlighted

Loretta Barrett Oden is a nationally-known chef who has adapted recipes to preserve the culinary legacy of her upbringing. She began her passionate relationship with food as a small child at the side

how we’re all different as Native people and the food is also very diverse. So to use food as a tool to show our culture and teach people healthy options is fun and exciting.”

she did home visits and trained volunteers to teach low-income families how to cook using commodity food. She returned to the Potawatomi Nation as Director of the CHR program and spent time working at Carl Albert



Alumni serving the CDC

Wilson Littlehead, Sean Moucka and Kristofer Mouka (in 2000 and 2013). All three were students at the CPN Child Development Center and now serve as bus drivers, cooks and teachers at their alma mater. At the urging of their mothers, they were enthusiastic about recreating their holiday themed photo from earlier in the century.

American Indians and the Affordable Care Act —

By Robyn Sunday-Allen, CEO of Oklahoma City Indian Clinic

With open enrollment now started, Oklahomans can enroll in the Affordable Care Act’s (ACA) Marketplace to shop for an insurance plan that fits their health needs and budget, as required by the mandate that goes into effect in 2014.

While federally-recognized American Indians and Alaska Natives are one of several groups exempt from the insurance mandate, those that are recognized only at the state level are not. Regardless of an American Indian’s tribal affiliation or federal status, we are recommending to all our patients – and all American Indians – that they enroll in the Marketplace. Here’s why.

Despite American Indian and Alaska Natives being covered by Indian health care systems, which will continue when Marketplace enrollment starts, the new program offers new

options for health coverage, helps increase information to decrease health disparities and supplies organizations more money to invest in additional health care programs. It is another way that the federal government meets its responsibility to provide health care for American Indians and Alaska Natives.

Historically, this group has faced significant barriers to accessing affordable health insurance and these barriers have contributed to significant health disparities, including having the highest rate of Type 2 diabetes of any group in the United States, 600 percent more likely to die from tuberculosis, 510 percent more likely to die from alcoholism and suffer from a 71 percent higher infant mortality rate than the general population.

New benefits mean more services for individuals and the communities we serve, and new

rights and protections make coverage fair and easier to understand. The ACA provides families and individuals security in their health coverage in many ways. It prohibits insurance companies from dropping coverage if you get sick, it removes lifetime or annual limits, it covers preventive care like mammograms and it ends discrimination against anyone with a pre-existing condition.

Additionally, under the new health care law, American Indians and Alaska Natives joining new insurance plans have the freedom to choose from any primary care provider and OB-GYN in their health plan’s network, without a referral. The new health care law also invests in increased data collection and research about health disparities to better understand and ultimately eliminate health disparities.

The ACA permanently

reauthorizes the Indian Health Care Improvement Act, which authorizes Congress to fund health care services for American Indians and Alaska Natives through Indian health facilities. Urban Indians who use additional insurance at the Oklahoma City Indian Clinic, or any other Native clinic, will be contributing resources to help fund more programs like fitness centers, substance abuse services and counseling.

Overall, the Indian health system experiences high vacancy rates in health care providers at a rate of 26 percent for nurses, 24 percent for dentists and 21 percent for physicians. The new law also includes new resources that will boost the number of health care providers in communities where they are needed most, as well as diversify the workforce, so racial and ethnic minorities are better represented.

With Oklahoma having the second largest American Indian population in the nation, enrolling in the ACA Marketplace makes sense not only for Oklahoma’s Native community but also the community at large.

Robyn Sunday-Allen is CEO of Oklahoma City Indian Clinic. The Oklahoma City Indian Clinic was established in 1974 to provide high-quality health care and wellness services to urban Indians in central Oklahoma. The clinic staff cares for more than 18,000 patients from more than 220 federally recognized tribes every year.

To learn more about the Affordable Care Act please visit <http://www.ihs.gov/aca/>.

Employee Spotlight: Cheryl Richardson

The Citizen Potawatomi Nation Women, Infants, & Children program provides supplemental nutritious foods, health and nutrition education, referrals, and nutrition and breastfeeding counseling for more than 1,200 participants at its three permanent clinic sites and three mobile satellite sites in central Oklahoma. Heading up nutrition and breastfeeding education is Cheryl Richardson, who has worked for CPN for more than 25 years.



Cheryl weighs an infant at the WIC office in Shawnee.

Richardson’s official title is WIC nutrition coordinator and breastfeeding coordinator; peer counselors and she began doing

that in July 1988.

“I like educating and helping people better their lives,” said Richardson. “With a degree in

nutrition, I knew I didn’t want to work in a hospital. I continue to choose to work for CPN WIC because I enjoy the participants and the changing challenges of

the ever evolving WIC program.”

Cheryl consults with patients and informs them about their nutrition options, including breastfeeding and preparing meals from WIC foods. She has developed recipes and hosted cooking classes to demonstrate making the most of the food vouchers that WIC participants receive.

“A lot of my life and my heart have gone into this program over the years, and I hope it shows,” said Richardson. “It’s great to have a job and a paycheck, but at the end of the day, it’s nice to enjoy what I’ve done today and felt like I’ve made a difference to someone.”

Cheryl has also worked with other CPN health programs in the past to offer nutrition counseling. Cheryl earned a Bachelor’s of Science from Oklahoma State University and a Master of Arts from Union Institute and University. She is also an International Board Certified Lactation Consultant (IBCLC).

“One thing I learned early working for WIC is that when it comes to their health, especially preventive-wise, people are in the driver’s seat,” added Richardson. “I can’t want something for them that they don’t want for themselves.”

Language with Justin

By Justin Neely, CPN Language Director

With the holiday season approaching, I was asked if we had any specific traditions as Potawatomi people going into the holidays.

We would often have a seasonal feast in the Fall to celebrate a bountiful harvest, and would usually have a seasonal feast in the Spring as well. Today many individuals also celebrate a seasonal feast for all of the seasons. During these feasts a fire would be lit for four days. Once lit, someone would sit with the fire at all times and watch over it. There would often be a container of tobacco and cedar present that could be mixed together so that folks could pray and make an offer to the flame.

The smoke from that tobacco would be seen as a visible manifestation of our prayers going up to the Creator. Traditional folks would also prepare a spirit plate, which is when a little food off of each person’s plate was mixed with

tobacco and water, which would then be offered into the fire as an offering to the spirits and ancestors. As in all things, first tobacco, then water, then the food and once complete, a person would go out one door and come in a different one.

When I think of the holidays, I think of a time of giving and thanks for the blessings in our lives. We were a very thankful and humble people. In fact, humility is one of the Seven Grandfather teachings, yet is something that is sometimes viewed as weak in our "modern" society. Whenever traditional Potawatomi people take from the Earth, whether it be picking medicine such as sweet grass, killing a deer, picking rocks for a sweat lodge, or even asking an elder for help, we offer tobacco first. We thank the plant or animal for giving its life so that we can live in a good way.

This time of year also makes me think of the tradition of a boy’s first kill. Whenever a person kills

their first deer, they are supposed to have a feast and invite all the members of their family or village. When the feast is over, they then give all the meat away to those who need it.

The idea of giving is also a very traditional way of living our lives and is something that each of us could learn from our ancestors. Often times, the leaders in a community were the poorest because they would give all they had to those who were less fortunate. We always took care of our elders. You might wonder “why do we hold our elders in such high regard?”

Is it because of their age and the fact they have lived so many years. Our elders were our keepers of knowledge. They were the ones that knew our traditional stories, that spoke our language and that kept our ceremonies going. They were the ones we turned to for advice and wisdom.

So as the holiday season approaches, take a moment to remember the blessings in your life and share them with others. Whether it be remembering a family member during this holiday season, helping a complete stranger or doing something nice for one of our elders.

The real difference between Potawatomi people and others is that this is something we did all year long. Not just during one season. We were a very thankful people who lived in a very harsh and unforgiving environment. We had to depend on one another and treated others and the Earth with respect.

Winter time was seen as a time of hardship and death, but also as a time of renewal and a cleansing of the Earth. This is because the Earth is covered by a blanket of snow which kills off the bacteria and disease. It’s also traditionally seen as a time when the spirits are asleep.

During the winter time, we would tell certain traditional stories involving Wiske or Nanabozho, the cultural trickster. Wiske would often play tricks on mankind but was also seen a benefactor who showed us how to conduct many of our ceremonies. He also would give us the gift of fire. Today we acknowledge and remember these teachings by not telling Winter stories except in Winter time. We hope that you will carry this tradition on within your own family as well.

In the Language Department, we hope to tell a number of Winter stories before the season escapes. We will also have a Winter story telling event at the CPN Cultural Heritage Center in February. I will provide further details in my next column. Also look for information about our annual Christmas Caroling, where we sing in Potawatomi, if you or your family would like to be a part of it.

Visit the language department online for tools and language help! www.potawatomi.org/lang

CPN Veterans Report



Bozho,

Every Sailor, Marine, Soldier and Airman repeats an oath when being sworn into the

service. They vow to protect their country, the United States of America, against all enemies, foreign and domestic. It is a

standard oath and so many new things are happening to the new recruits that I doubt if these words really have much meaning to those speaking them. It is only when the oath becomes action, as when facing a battlefield, that the words are given any true consideration.

During World War I a young man, Martin A. Treptow, left his job as a small town barber, in 1917 to journey to France with the Army’s Rainbow Division. On the Western front in July 1918 he was killed by a hail of bullets while trying to carry a message between battalions. A

diary was found on his body. On the flyleaf he had written: “My Pledge. America must win this war. Therefore, I will work, I will save, I will sacrifice, I will endure, I will fight cheerfully and do my utmost, as if the issue of the whole struggle depended on me alone.”

Many members of our military, past and present, have had to face the same challenges that Private Martin A. Treptow did, most with the same dedication. Our nation owes everything to these who have accepted this responsibility to preserve our very existence. Migwetch!

Remember the CPN Veterans Organization meets every month on the fourth Tuesday at 6:00 p.m. (or as soon as you can get there) in the North Reunion Hall on the Potawatomi Powwow Grounds.

Our December meeting is the exception to this, as it will be our Christmas Dinner and will take place on the 14th at 5:00 p.m. For more information about our organization and how to become a member, you can attend one of our meetings. Visit our website at: www.cpnveterans.org.

Daryl Talbot, Commander

An Unsettling Legacy cont'd

with American Indians. In 1817 he wrote to President Monroe that he had “long viewed treaties with the Indians an absurdity not to be reconciled with the principles of our Government.” For Jackson, and other government officials of the era, the treaty-making process was no longer necessary. They reasoned that it was a practice that developed out of the need to enforce regulations and keep peace among tribes that were too strong and numerous for the United States to deal with in any other way. After the war, however, Jackson saw Indians, in their reduced numbers and confined by land cessions, as subjects of the United States. He urged Congress to “provide for their wants,” but if the government needed it, he reasoned they had the right to “take” and “dispose” of any Indian land they deemed appropriate.

By 1830, officials at the Office of Indian Affairs, which was established in 1824, and the general public, largely adopted the mentality that all Native Americans should be removed west of the Mississippi River.

Advocates for removal argued that Indians and settlers would have better lives if the Native population was removed, opening new territory for American expansion and distancing the Indians from the corrupting influences of Euro-American society. When Congress passed Andrew Jackson’s Removal Act in 1830, the legislation had strong political and public support.

Increased tensions between Indians and settlers in the Great Lakes region, requests by officials from the OIA, and the outbreak of conflicts like the Black Hawk War in 1832 reinforced the urgency of removal. It was not an easy task, however. Despite the military loss experienced by many of the tribes and bands in the region, there was a great deal of resistance to the notion that the Indians of the Great Lakes should leave their homeland. As a result of these pressures from the public, Congress and the President passed additional legislation appropriating monies to hurry along the removal of the tribes from the Old Northwest. In one case, twenty thousand dollars was

set aside for the explicit purpose of negotiating treaties to terminate Potawatomi tribal land titles in Indiana, Illinois, and the Territory of Michigan.

In 1832, individual Potawatomi bands signed a number of treaties with the government ceding large amounts of land, but these treaties failed to secure the Indians’ removal from the area. Instead, tribal leaders insisted on small reservations within the ceded lands, ensured the retention of hunting and fishing rights on the land, and insisted on payments of goods and cash for property lost in recent skirmishes. In the months following these treaties non-Indian settlers swarmed the recently ceded lands and tension between Natives and newcomers escalated once again. The federal government was not willing let the violence escalate to the level of war.

The next year, in 1833, Potawatomi from the St. Joseph River, some from northern Indiana, and the Potawatomi of the Prairie, along with headmen and chiefs from the Ojibwe and Odawa tribes who lived along the

coast of the Great Lakes, collectively referred to as the United Nation or United Band in government reports, signed the Treaty of Chicago on September 26 and 27. The Treaty of Chicago proved to be a watershed agreement in the dealings between these tribes and the U.S. government. Prior to this treaty, land cessions were relatively small and included land set aside as private reserves for certain signatories. The Treaty of Chicago, however, ensured a substantial land cession of roughly five million acres that were inhabited by all three groups around the Great Lakes and the removal of a majority of Potawatomi to lands west of the Mississippi River. Signatory bands were given five million acres along the banks of the Missouri River in what became Iowa and Missouri in exchange.

Though the Treaty of Chicago secured the largest single cession of Potawatomi land, the stories of the bands that entered into that agreement only tell a portion of the removal experiences of the tribes from the Great Lakes

region. Several hundred Potawatomi lived in Indiana and other areas outside the territory ceded by the 1833 Treaty of Chicago. Some agreed to remove under later treaties and others negotiated with the federal government to stay in their homeland. The 859 Potawatomi that were remembered in the opening pages of this paper and who were removed on the Trail of Death in 1838 fell into this category, as did dozens of dispersed villages in the Great Lakes region.

These removals, and the dozens of others that occurred in the 1830s, were the result of a sea change in U.S./Indian relations that occurred after the War of 1812. For all practical purposes the powerful and belligerent nations of the Old Northwest were neutralized and the federal government treated them as such, so once American settlers and politicians felt that they did not have to deal with tribes as sovereign governments they altered the goal of treaties from peace and alliance to land cessions and removals.

Hope for the Holidays

By Amanda Chapman, CPN House of Hope



Having time off from work for the holidays means abusers and victims spend more time together, increasing the likelihood that abuse will occur.

Many times victims may want to flee the situation but instead choose to stay, wondering how they would provide for the children and not wanting to break the family apart during the holidays.

It is important to remember that domestic violence is any abusive behavior that allows one intimate partner to maintain control over another. An example of this type of power and control is taking away the car keys on Christmas

Day to keep you from visiting family.

Most Christmas and New Year’s parties feature alcoholic beverages as one of their main attractions, causing alcohol abuse to dramatically increase.

It is a myth that stress and/or drunkenness cause abusive situations. It is true however, that stress and drinking contribute to increased incidents of domestic violence or, in many cases, an escalation of violence that has been occurring. Being abusive is a choice or a learned behavior.

If you are in a violent relationship, remember that the abuse is

not your fault, and that help is available.

The holidays can be a time of celebration and spending time with loved ones, but it can also create a lot of stress. There are some ways of dealing with this holiday-induced tension.

- First, keep the lines of communication open with your significant other and family members. Make a plan about talking through disagreements and stick with it.
- Speak about what is important to you and your partner or family member about the holidays, specifically in terms of what is expected. Be sure your expectations are realistic.
- Learn to say no and not feel guilty. If it doesn’t fit into your plans or is very difficult while causing more stress, just say no without the guilt.
- If finances are a trigger for

stressful situations, prepare yourself and your family about expectations and your budget.

• Remember that making memories are what people treasure most about this time of year, not what gifts they received.

• Do things in moderation. Too much stress, no matter the cause, can affect us mentally and physically.

If you and your family want to give back to the community or help those in need, contact your local domestic violence shelter. Many women and their children need your support, kindness and generosity. These families flee at a moment’s notice in search of a safe environment, leaving everything behind. These are everyday items that we take for granted.

But make no mistake, this doesn’t just occur during the holidays. It happens everyday!

According to the Violence Policy Center, in 2013 Oklahoma ranks 3rd nationally in women murdered by men in single victim, single offender incidents. The majority of these deaths are committed by a current or former intimate partner. Citizen Potawatomi Nation seeks to combat these incidents with the tribally funded House of Hope. At House of Hope, we serve victims of domestic violence, sexual assault, stalking and human trafficking regardless of race, age, gender, sexuality or economic status. Clients do not need to be Native American to utilize our services. Our jurisdiction encompasses Oklahoma, Pottawatomie and Cleveland counties and we can be reached at 405-275-3175. If you would like to learn more about our program, please visit www.cpnhouseofhope.org.

FireLodge Youth Council program update

By BJ Trousdale, Director of FireLodge Youth Program

The Firelodge Youth Council (FYC), comprised of Native youth between the ages of 12 to 18 has been off to a running start since beginning a new business year in September. The 40 plus member council has gained a worthy reputation within the local community as a group that can assist in times of need or service. In just a little over two months’ time the FYC has totaled over a combined 175 community service hours. Many of these were completed through partnerships with OKDHS during the Completing the Circle event for Native foster children from across the state that was hosted at the CPN Pow-Wow Grounds in September. FYC volunteers also served the CPN Domestic Violence Program at their semi-annual Family Fun Day in October, Shawnee Indian Education’s fall carnival in addition to council members individually assisting families and elders around the community in various other projects.

In addition to community service, the FYC has initiated fundraising for next summer’s UNITY trip to Portland, Ore. In October the first annual Halloween carnival was held with the assistance of the CPN’s Childcare Development Center. Classic games such as a ring toss, a football throw, apple bobbing as well as cake bingo,

pumpkin painting and more were highlights of the event. On December 7, FYC will be having a Bedlam tailgate party at the CPN Gym. All OSU and OU fans are invited to come take part in the festivities and watch the game. For more information on this event and others check this issue and the website or please contact Michael Logan the FYC advisor at 405-214-5110 or michael.logan@potawatomi.org.

December’s Featured Ogemak (Potawatomi for Leadership



Ty Shields, new Ogemak member from Tecumseh Middle School.

Council) Members

In September, the FireLodge Youth Council voted on amendments to their governing



New Jr. High Ogemak member Manhee McKinney.

by-laws. These included the creation of “Codes of Conduct” that require members to meet pre-determined guidelines related to academic, behavioral, and participatory expectations for members wanting to attend the annual out-of-state leadership training each summer.

In addition, the by-laws also called for the election of a new branch of officers. High school age youth previously serving on the Leadership Committee recognized a need to mentor their younger peers. In response, they elected to increase the number of representatives from five to nine representatives. Five high school members will retain leadership

roles and four new junior council members will now serve on the Ogemak and will be mentored by the older youth serving the FYC. In this issue, we would like to introduce two of the newest and brightest junior Ogemak members recently elected to the board.

Ty Shields is a member of the Absentee Shawnee Tribe of Oklahoma, and is also of Kickapoo, Seminole, Creek, Choctaw, Chickasaw, and Delaware heritage. Currently in the seventh grade at Tecumseh Middle School, Ty is the starting point guard on the Savage basketball team. When not playing basketball, Ty

also enjoys listening to music, hanging out with friends, and playing stickball along with other cultural activities. He has been a member of the FYC for one year.

Mahnee McKinney is a member of the Absentee Shawnee Tribe of Oklahoma, and is also of the Citizen Potawatomi, Prairie Band Potawatomi, Kickapoo, Sioux, Seminole, and Creek tribes. Mahnee is an eighth grader at South Rock Creek School in Shawnee where she is active in volleyball, basketball, and track. Outside of school and FYC, Mahnee likes to hang out with friends and attend stompdances and pow-wows. She has been a part of the FYC for one year.

Willis and Weatherford honored for fight against domestic violence

Two CPN employees were honored at an awards ceremony at the Pottawatomie County Courthouse for their services to domestic violence victims in Pottawatomie and Lincoln counties.

Kimberly Willis, a case manager for the CPN Family Violence Program, and Officer Brittany Weatherford of the Citizen Potawatomi Police Department were both recognized by the Coordinated Community

Response Team for their work over the past year.

Oklahoma State Senator Ron Sharp opened proceedings with remarks in the county courthouse’s Courtroom number 4. Following the presentation of the awards, attendees stepped outside to release 49 purple balloons to commemorate the state’s murder victims from last year.

October was Domestic Violence Awareness Month around



Participants at the awards ceremony release balloons to honor domestic violence victims killed in 2013.



Weatherford and Willis after the ceremony

the country and is intended to connect battered women advocates in an effort to end violence against women and children. Both Weatherford and Willis are part of the team at the CPN House of Hope. The tribe’s domestic violence prevention programs seeks to eliminate family violence by providing

victims and the community with appropriate and effective services and programs. House of Hope assists all in need of support regardless of race, gender, age, sexuality or economic status. The only requirement is those seeking assistance must reside in Pottawatomie, Oklahoma or Cleveland counties.

To learn more about House of Hope and the CPN Domestic Violence Program, please visit their website or call 405-275-3176. For those in need of an advocate outside normal business hours, please call the CPN Police Department at 405-878-4818.

CPN Pediatrician Dr. Adediji looks after the tribe's youngest members —



Often the most vulnerable population to disease and injury are the youngest tribal members, whose care is in the hands of the pediatric staff of the Citizen Potawatomi Nation Health Services. Now entering her second year as part of that staff is Dr. Fausat Adediji, who is the pediatrician at the CPN West Health Clinic.

Born in Lagos, Nigeria, Dr. Adediji spent part of her formative years living in New York. Her father, an aircraft maintenance engineer for Nigerian Airways, was stationed in the U.S. for part of his career. Eventually her

family returned to their home country, and Dr. Adediji went on to pursue her lifelong goal of becoming a doctor.

“You know how some kids want to be professional athletes or super heroes? Well for as long as I can remember, I wanted to be a doctor. I always wanted to help people, to understand why diseases and conditions affected certain people the way they did. So it was just something I always wanted to do,” she said.

Dr. Adediji attended the University of Ibadan. Founded in 1948, it is Nigeria’s oldest university and one of its most prestigious institutions. In 2006, she and her husband moved to Houston, Texas where he worked as a petroleum engineer. During this time, Dr. Adediji cared for the couple’s children, though as they grew she decided to continue her medical studies.

Upon being accepted to the residency program at the University of Oklahoma’s Tulsa campus, she and her family relocated once again. Though she was a graduate of medical school in Nigeria, the toughest hurdle came in navigating the

bureaucratic barriers faced by medical professionals who are educated abroad.

“It is challenging in terms of convincing someone to take a chance on you, to prove you are properly trained and that you can do the job,” she explained. “But at the end of the day, you have to do your residency.”

Residencies are often the most intense portion of medical professionals training. Dr. Adediji was able to prove herself during her training and upon completing her third year at OU Tulsa, Dr. Adedijishe was awarded the “Daniel C. Plunket Award for Compassion and Communication in Patient Care”.

Following this, she began to search for a position that would allow her to spend more time with her young family. She heard back from the Citizen Potawatomi Nation’s Health Services regarding an opening for a pediatrician, and since September 2012 she has served at both of the tribe’s health clinics.

In addition to more stable hours for her and her family, Dr. Adediji explained one of the positive aspects in working for a

tribal-funded health provider.

“Over here, since everyone is covered, my patient’s medications do not have to compete with some other pressing need for their personal resources. So I can be rest assured that they are going to get their medications. Our pharmacy can dispense prescriptions to our patients that in a private clinic they may not have been able to afford. That makes my job much simpler.”

Entering her second year serving the youngest tribal members of the Citizen Potawatomi Nation, Dr. Adediji described her role as a primary care provider.

“I had personal experiences with my own family where prevention at an early age could have led to a different outcome for my brother. In that sense, I feel like I have been there along with my patients, and that feeling is stronger now that I have children of my own. This is why I feel it is my responsibility to push prevention with our patients, so as not to let them fall into a situation where things are worse off.”

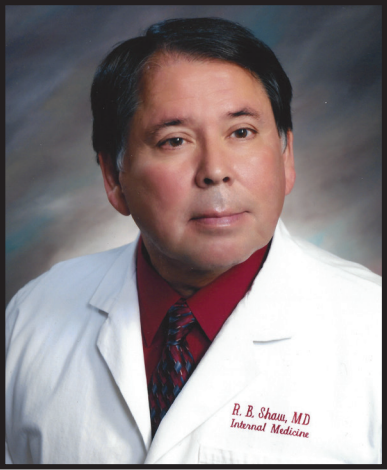
Citizen Potawatomi Nation

Health Services' goal is to provide high quality, evidence-based, culturally-suitable medical and dental care, public health services, and behavioral health and substance abuse counseling to members of the Citizen Potawatomi Nation and members of other federally-recognized American Indian tribes and nations and Alaskan Natives. The clinicians and support personnel comprising the CPNHS staff share the goal of eliminating the health status disparities which exist between American Indians and the general population of the United States, and focus on eliminating long-standing access barriers to health and human services experienced by the majority of Native Americans residing in central Oklahoma.

If you would like to learn more about the CPN health services, please call 405-878-4693 or visit www.potawatomi.org/services/health.

Keeping Track of the Silent Killer

By Ronald Shaw, MD – Medical Director of CPN Health Services



Hypertension is the medical term used to denote an abnormal level of blood pressure (BP) within the body’s arteries and generally relates to the pressure exerted on

the walls of these blood vessels. Elevated pressures above certain levels are associated with an increased risk of kidney failure, heart attack and stroke. There are usually no symptoms associated with dangerous levels of BP elevation and hence the term “silent killer” has been used as a nickname for hypertension. Many patients believe they can reliably “tell” when their blood pressures are elevated and have difficulty accepting the notion that damage from untreated hypertension could occur but yet they may feel just fine. The problem with this mind set is that many patients take their BP meds sporadically(“ I feel

fine”) and therefore have BP elevations much of the time and are undergoing slow damage to the walls of their arteries with the first sign of such damage to be a stroke or heart attack. There is solid proof in the scientific literature that reduction in elevated blood pressures to acceptable levels (with weight loss and/or medication) is associated with significant reductions in risk of stroke and heart attack.

In general, the cut point for normal vs. abnormal BP is 140/90 and values above this level require treatment with weight loss, exercise or medication with the goal BP being less than this

value. For diabetics, the goal BP is 130/80 or lower. BP of 120/80 is considered ideal for all.

Obtaining your own blood pressure arm cuff (preferred to wrist cuff) to measure your BP at home is strongly recommended. The automated digital cuff available (for purchase) at most pharmacies is also preferred to cuff with stethoscope (unless one has had training in its use).This investment in your health will allow you and your provider to see what your BPs are like at home. Management of hypertension is largely management by the numbers and the more BP numbers to have in decision making regarding

treatment the better.

If you have been prescribed medication for hypertension, take all medications daily as prescribed. If you feel ill or believe your medication is causing side effects, contact your health care provider as soon as is feasible or better yet get seen and BP rechecked and medication changed or adjusted as indicated. Do not simply stop the medication and not notify or see your health care provider and allow your blood pressure to resume its silent and possibly deadly damage to your arteries.

What is WIC?

With the recent government shutdown affecting government programs, many local residents remained unsure of the impact on services they use daily. One of the most prominent and misunderstood of these programs is Women, Infants and Children (WIC).

To get a better idea of what exactly WIC provides to the local community, Director Shelly Schneider spoke with the Hownikan about Citizen Potawatomi Nation’s WIC Program, its mission and why despite many misconceptions, it is a worthwhile and accountable program.

For those who don’t know, what is WIC?

Schneider: "WIC is a nutrition-related program of the Food and Nutrition Service (FNS) sector of the USDA and is specifically intended for “women, infants, and children”. It provides supplemental nutrition for women with low incomes who are breast feeding or who have kids that are five and under. Low income is designated by the standards set by the federal government, and typically if a family qualifies for food stamps (SNAP) or Medicaid, they qualify for WIC."

Is it the same as SNAP (food stamps)?

Schneider: "The system works similarly to the food stamps program but differs in terms of what can be purchased. When using food stamps, or a SNAP card, most food items are available at designated grocery stores.

But under WIC, the benefit

checks are only for food items that are officially listed as healthy and nutritious by the FNS. This is why people will see “WIC approved” signs on certain items in their local grocery stores.

Other than the beneficiary checks, the organization itself provides food items that are considered healthy and beneficial to the recipients."

How many people does WIC serve in the immediate area in and around CPN headquarters?



Schneider: "We currently serve approximately 500 women, infants and children per month in this area."

What services does WIC provide at its site here at CPN Administration?

Schneider: "Despite the common misconception, we aren’t just a food and nutritional handout program. We provide nutrition education and services to help our parents choose nutritious foods. We do this so they can

learn themselves how to improve their own personal health and that of their family.

Some topics we commonly discuss with WIC clients include the benefits and best techniques of breastfeeding, healthy food choices and portion control. It can be simple stuff like giving a parent advice on how to manage picky eaters. We also instruct parents on how best to wean a baby to a cup, introduce solids and place an emphasis the importance of iron in the diet.

We perform blood work in order to check for anemia, which is why we stress the need for iron in these young children’s diets.

Yes, we also distribute food instruments in the form of checks to our participants. But they aren’t just a hand out that can be used for anything. These checks are just like a prescription in that women, infants and children are given prescribed foods based on their category and nutritional risk factors. These checks can only

be redeemed at authorized retail grocery stores."

How many staff members do you employ, and what are their roles?

Schneider: "Citizen Potawatomi Nation’s WIC Program currently employs nine full time staff which consists of a Director, Nutritionist, LPN, Receptionist, Vendor Coordinator, and four WIC Specialist/CPAs. We also employ four Breast feeding Peer Counselors under contract labor.

How did you initially get into working at WIC?

Schneider: "I came to work for WIC in August of 1987 as the Data Entry Clerk/Vendor Coordinator. I was a single mother needing a Monday through Friday job. I had no way of knowing that it would turn into a career."

Why is WIC important in this age of cutting back public funding?

"When it was set up in 1974, WIC had some baseline goals that by

most measures, it has achieved. Its initial aims were to increase the length of pregnancies, the use of prenatal care and decrease early births, low birth weights and anemia in infants and children.

Looking at the numbers pre-WIC and post-WIC, these goals have been achieved. Increased rates of breastfeeding improved growth rates as well, a trend that has also been attributed to the WIC program.

WIC isn’t just money being handed out, it is preventative. The USDA has found that every dollar spent on prenatal WIC participation by Medicaid-eligible women resulted in healthcare cost savings of roughly one to three dollars."

If you would like to know more about the Citizen Potawatomi Nation's WIC Program, please call 405-273-3216 or visit <http://www.potawatomi.org/services/health/wic>.

Hownikan

Potawatomi homeowners have options when buying a home

By Sherry Byers, Homeownership Manager, Citizen Potawatomi Nation Housing Dept.

In December the Citizen Potawatomi Nation’s Housing Department reached a 14-year milestone with its One Time Grant program. This program has evolved and improved over the course of time, and has assisted hundreds of CPN Tribal Members with funds for their down payment or closing costs, associated with the purchase, building or refinancing of a home.

In addition to assisting individual tribal members with this program, we would also like to see the Citizen Potawatomi Nation’s First National Bank & Trust benefit by originating the mortgage loans. First National Bank (FNB) is able to offer most loan programs available by other lending institutions, with the exception of loans typically affiliated with predatory lenders.

It is interesting to know that there are still many CPN members out there who are uninformed about the One Time Gran program and our tribal-owned bank. The Housing Department receives calls daily from tribal members who never knew of either.

All Citizen Potawatomi Nation tribal members are eligible for

a felon living on the property. The home being purchased must

• Copy of borrower’s CPN membership card

for years the last two years of tax returns)

- Name of the closing entity (Title Co., Escrow Co., Attorney, etc.)
- Completed W-9 form

• Copy of appraisal when available

The application and support information is required in our office at least three weeks prior to the closing date. This gives our office enough time to get the paperwork processed and the check mailed back to the tribal member by the specified date.

To request the application and/or general information regarding the One Time Grant, please contact Sherry Byers, Homeownership Manager at (405) 273-2833 or at sbyers@potawatomi.org.

For information regarding loan products and lending requirements at First National Bank & Trust, please contact Jeff Scroggins, Mortgage Loan Officer at (405) 275-8830 or at 1-800-227-8362.



There are numerous ways the tribal-owned First National Bank and the CPN Housing Department are assisting Native Americans in finding financing for home buys.

this grant one time only. The maximum amount is \$2,125 and does not have to be repaid. The grant cannot be used for any type of mobile home, is unavailable to convicted felons. This ineligibility extends to any household with

be the primary residence of the individual securing the loan and the tribal member’s name must be on the loan. The application must be completed by submitting the following:

• Copy of the “Good Faith Estimate” from lender

• Income verification for all household members (last 3 to 4 pay stubs or if same employer

FireLodge Youth Program presents the real world at Junior Achievement Day

Volunteers from the staff of the FireLodge Youth Program and other CPN enterprises and departments recently participated in Junior Achievement Day at Shawnee Public Schools in an effort to promote positive practices by youth in their personal and financial decisions. Program Coordinator BJ Trousdale and CPN Community Resource Officer Kandi Cumbie spoke with 7th and 8th grade students at Shawnee Middle School along with other FireLodge Youth Program staff Michael Logan, Kyle Miller and Kyle Gipp. Also participating were Kathy Barrett of FireLake Diabetes Program, Tina Pollard of the CPN Community Development Corporation, Michelle Duncan of CPN Realty, Allana Gay of FireLake Resort and Darren Green from the Grand Hotel and Casino.

“Our lessons focused on various economic issues impacting every American. It begins with helping students develop self-knowledge about things they are both interested in and skilled at,” explained Trousdale.

Once establishing the interests of the students, the instruction

continues on to show what career paths are available to them and what educational requirements are necessary to achieve those goals.

“We also focus on what to do with an income once you’ve set out on a career path in terms of promoting positive budgeting, saving and credit skills,” said Trousdale. “We explain that while they have income, there are things like credit scores that come into play and important issues like insurance that need to be taken care of as well.”

Junior Achievement is collaboration between volunteers from the local business community, civic organizations and educators to connect youth with relevant learning experiences. The goal is to show the positive aspects for local youth to pursue further education following their graduation in high school by showing basic knowledge about personal finances. Ultimately, the program’s success will reflect in the local community that boasts a highly trained workforce that will hopefully, draw further investment into the communities surrounding the Citizen Potawatomi Nation.



The CPN staff members who volunteered at Shawnee Middle School's Junior Achievement Day.

CPN Community Resource Officer Kandi Cumbie, who works closely with local youth, also participated in the event and described the program’s impact in her day-to-day work.

“Teens who participate in events like this tend to be more confident, are willing to accept responsibility,” said Cumbie.

“This program gets teens ready for the real world. They realize

the hard work their parents put in each day to give them things they need and want. I saw this in the class when they learned about the difference between gross and net income. One student asked their teacher, ‘How do you make it on this salary?’”

FireLodge Youth Council currently serves tribal youth from 12-17 years old, including seniors in high school. Members of FireLodge meet once a month

to take part in business meetings, fundraising and community service. The P.L.A.C.E. is an afterschool program that serves Native youth with tutoring, supervision and other activities aimed at promoting positive life choices. If you would like to learn more about these services, please contact BJ Trousdale (bjtrousdale@potawatomi.org) or Michael Logan (Michael.Logan@potawatomi.org).

The P.L.A.C.E. adds academic support specialist to after school tutoring program

According to the Oklahoma Office of Juvenile Affairs (OJA), approximately 28 percent of the 273 delinquent youth in Pottawatomie County, Okla. were Native American. In the county’s two major cities, Shawnee and Tecumseh, 39 and 33 percent of their delinquent populations respectively, were Native American.

The dropout rate for this demographic is 32 percent nationally, a bleak figure in a county that is home to tribes such as the Iowa, Sac and Fox, Absentee Shawnee, Kickapoo and Citizen Potawatomi Nation. With nearly 13 percent of the county’s population identifying as Native American, the need to address the high dropout rate for this portion of the population is key, not only these students future, but that of a local community in need for skilled workers.

To combat this problem, CPN’s tribal youth program has recently expanded its after school mentorship and tutoring program. The Potawatomi Learning and Cultural Exchange’s (P.L.A.C.E.), FireLodge Youth Council has added Kyle Miller, an Academic Support Specialist, who will coordinate the after school tutoring program.

Miller, a Cherokee Nation member and a pre-med major at St. Gregory’s University in Shawnee, initially joined P.L.A.C.E. in the

Though for Miller, the decision to give up his time to assist area students wasn’t entirely practical. Citing a number of statistics on the

in what is essentially these kids effort to build their lives. Getting to help out with that, knowing that they’re trying, is something I

promote positive habits.

“On Mondays we have one of our elders come over and teach the students how to play chess,” said Miller. “On Tuesdays, we have a specific program called ‘Positive Action’ that is designed to develop skills that are essential to everyday life and work. Teaching something as simple as note taking or budgeting can make a difference for the students in and outside the classroom.”

Students also work with P.L.A.C.E Prevention Specialist Michael Logan and CPN Cultural Coordinator Coby Lehman. Lehman and Logan partner on the ‘GET Native’ program, which instructs students on the tribe’s history, culture and traditional games.

If you would like to learn more about FireLodge Youth Program’s tutoring program, please contact FireLodge Youth Council Program Director BJ Trousdale bjtrousdale@potawatomi.org. To learn more about FireLodge Youth Program’s other activities and services, please visit www.potawatomi.org/services/community/firelodge-children-and-family-services/youth-council.



Academic Support Specialist Kyle Miller (far left) with students during an after school tutoring session at the P.L.A.C.E.

spring of 2013 as a tutor.

“My decision to tutor here was practical in one sense,” said Miller. “Eventually I want to be a pediatrician, and I felt it best to have some familiarity working with kids and students. Tutoring students from the local area was a great way to have those interactions.”

dropout rate for Native American students, the work of Miller and his staff at the P.L.A.C.E. is also a form of service to those in need.

“Being a student myself, I know that it’s one of the worst feelings in the world to not know the answer to something and feel like you have no way of getting help. For me, it’s an honor to assist

enjoy.”

The after school program Miller oversees serves 60 tribal youth for one hour each day, four days a week. Three tutors work with two groups of students during these sessions, where time is split between 30-45 minutes of mandatory tutoring and a separate block of instruction that aims to



GOVERNMENT

Aptebbongises (December 2013)

People of the Fire

Meet your Legislator: District 1's Roy Slavin

One of the eldest representatives on the Citizen Potawatomi Legislature, Kansas City, Missouri's Roy Slavin has seen the vast changes Native Americans have gone through over the past century. Born in St. Joseph, Missouri, Slavin has served as the District 1 representative since the August 2007 revision of the CPN Constitution, which created the current Legislature. Though he had long been affiliated with the tribe and its activities, he saw the opportunity to serve the tribe in which his family was one of the founders.

"We had scheduled our Slavin family reunions around the old Potawatomi pow-wow during the summers in Shawnee, so I had plenty of time to attend and see the tribe grow over the years. When they created the legislature, I saw it as an opportunity to serve despite my location in Kansas City."

A member of one of the larger founding families, Slavin's great grandmother was a survivor of the Potawatomi Trail of Death. His uncle, Jim Slavin, was with the original settlers who set out from Kansas to establish what is today the Citizen Potawatomi Nation in Oklahoma.

"My father was always proud of his Potawatomi heritage," remembered Slavin. "But it was during a time where we didn't advertise it. As kids we knew we were, but it wasn't something we talked about a lot. Though growing up, I would on occasion

tell people I was 'half Catholic and Indian'."

Entering the U.S. Army at the age of 17, Slavin narrowly missed serving in the Korean War. His orders having already been cut, the Army Signal Corps member was sent to serve on the then-classified Operation Greenhouse.

Taking place on Enewetok Atoll in the Marshall Islands, Operation Greenhouse was the early 1950s testing program for thermonuclear tests. His presence during this operation gives Slavin



Slavin seen here during his time in the U.S. Army.

the distinction that not many CPN members or human being can claim, that of an eyewitness to four thermonuclear explosions.

Slavin's time in the Army also

provided training that would shape his professional career later in life.

"I was fortunate enough to attend two of the best radio operations and repair schools around when I was stationed at Ft. Monmouth," he said.

Once out of the service, Slavin utilized his expertise as a radio repairman in Kansas City. He worked for a number of shops around the city before owning his own, eventually finding his way to Trans World Airlines (TWA) as avionics technician. Slavin retired from TWA after 28 years of service, and sought a new opportunity when Legislature was created in 2007.

Now in his third term as the representative for CPN members in the country's northeastern and midwestern states, Slavin has been a witness to the significant changes Native Americans have endured over the past half century.

"I'm glad to see my kids, grandkids and great-grandkids involved with the tribe in ways that those people my age just weren't able to back then," he said. "I look at my great-granddaughter Mollyann, who has never missed a CPN Family Reunion Festival, who knows how to dress in proper regalia for Grand Entry, and it makes me proud to see how far we've come."

Slavin is a staple at many regional and tribal gatherings, along with his longtime wife Julia, and looks



Slavin and his granddaughter Mollyann during Grand Entry at the 2013 Family Reunion Festival.

set to continue his service for some time as he was unopposed in last year's tribal election. If you are a member of District 1 or would

like to learn more about the CPN Legislature, please visit www.potawatomi.org/government/legislature.

Tribal election filing forms due January 8, 2014

Tribal election season is underway again as Citizen Potawatomi Nation voters get set to elect candidates for Vice Chairman, Secretary-Treasurer and four members of the Legislature. District 5,6,7 and 8 are all on the ballot for the election which will take place at the Family Reunion Festival in Shawnee, Oklahoma in late June 2014.

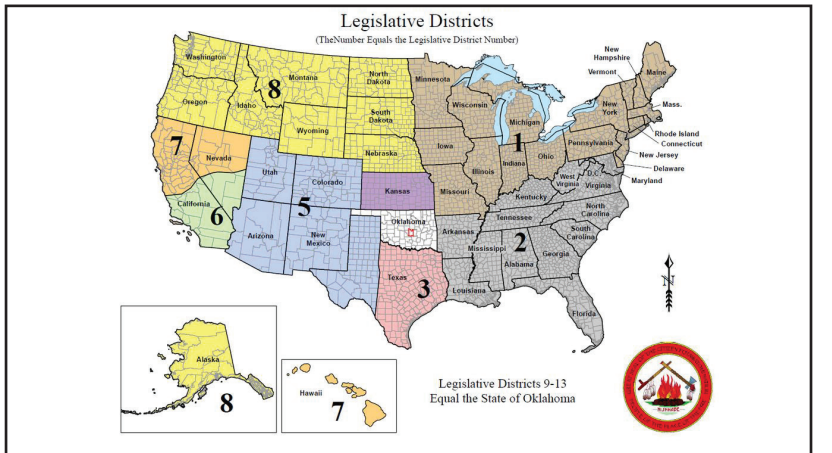
Candidates for Vice Chairman and Secretary-Treasurer must live in Oklahoma, while those seeking legislative seats must live within their respective districts. District 5 includes part of Texas, New Mexico, Colorado, Utah and Arizona. District 6 includes the southern portions of

California and Nevada. District 7 includes the northern portions of California and Nevada. District 8 includes Washington, Oregon, Idaho, Montana, Wyoming, North Dakota, South Dakota and Nebraska.

Only CPN members who are 18 or older as of Election Day will be eligible to vote. All eligible CPN voters can vote in the election for Vice Chairman and Secretary Treasurer, while only those who live within a district may vote for the legislative representative running in their respective district races. Candidates for the legislative seats must be at least 18 years old by Election Day. Candidates for the Executive

positions must be at least 35 years old by Election Day. Additionally, they must have resided in the district from which they are elected, for at least six months on Election Day.

CPN members who would like to be considered for these positions must have their declarations of candidacy in the Election Committee's hands no later than 5:00 p.m. on Wednesday, January 8, 2014. These declarations of candidacy must be filed through the U.S. Postal Service. Filing forms can be requested by writing to Hownikan@potawatomi.org or calling 405-275-3121 and requesting the Public Information office.



Current incumbents in these positions are Linda Capps, Vice Chairman; D. Wayne Trousdale, Secretary-Treasurer; Gene Lambert, District 5

Legislator; Rande Payne, District 6 Legislator; Mark Johnson, District 7 Legislator; and Dave Carney, District 8 Legislator.

Citizen Potawatomi Nation awarded grant to establish Potawatomi Cultural Mentorship Program

Citizen Potawatomi Nation was awarded \$367,469 by the Administration for Native Americans to establish a new cultural mentorship program. The Cultural Mentorship Program will be directed toward tribal youth ages 12-17 years old in Pottawatomie County. Youth will receive instruction on traditional Native American culture and Native teachings that will empower them to combat peer pressure, bullying, and other risk behaviors that lead to delinquency.

"This project will result in a positive change in the tribal community, by providing community support and mentorship programs that are currently not available to support our Native youth. Without the intervention of this program Native youth will continue to succumb to peer pressure that leads to risky and criminal behavior," said Kelli Mosteller,

Project Director and Director of the CPN Cultural Heritage Center. "The Potawatomi Youth Cultural Mentorship Program within the CPNs Tribal Youth Program will sustain development of youth mentors, who will assume peer mentorship and leadership positions within the Tribal Youth Program."



Youth gather at the CPN Gym to participate in The P.L.A.C.E program. A new program will help mentor Native American youth.

The objectives for the program are the development of three forms of curriculum for area Native youth and professional staff. These curricula will include a cultural mentorship manual, a cultural activities curriculum, and a peer mentor curriculum. These three tools will work together to educate our youth and train them

to make better decisions in high-pressure situations.

"The development of this curriculum for staff and youth will be founded in CPN history, arts, culture, and lifeways," added Coby Lehman, Cultural Activities Coordinator for the program.

The first year of participants will include 15 youth from Pottawatomie County, who have already been selected. Courses will be taught as part of the Tribal Youth Program, housed at the Potawatomi Learning and Cultural Exchange Gymnasium (the P.L.A.C.E.), Monday through Friday, 3:30-6:00 p.m. during the school year and weekdays during the summer for a total of 520 hours of mentored time per student.

"We believe that any comprehensive strategy seeking to enhance the lives of our people must mold our youth into

tomorrow's leaders by instilling cultural pride rather than entitlement," said BJ Trousdale, Tribal Youth Program Coordinator.

By the end of the two-year award period we hope to have developed an ongoing cultural mentorship program that can expand, as needed, to meet the ever-changing needs of our tribal community.

"This project will impact the community by reducing the rate of juvenile delinquency among our Native youth," said Lehman.

Students interested in participating in Potawatomi Cultural Mentorship Program or Potawatomi Learning and Cultural Exchange Gymnasium (the P.L.A.C.E.) should contact Michael Logan at (405) 214-5110, ext. 309 or michael.logan@potawatomi.org.

A correction: From the Deputy Editor

In the November issue of the Hownikan, an article concerning the 2014 tribal elections incorrectly stated that Dave Carney of District 9 was up for reelection. Mr. Carney is the representative for District 8. We sincerely apologize for the mistake.

CPN Police Department to expand police force, purchase equipment

A \$522,004 grant from the Department of Justice Community Oriented Policing Services will allow the CPN Police Department to hire new officers and purchase eight new police cars, bulletproof vests for all officers and provide training and educational materials on the dangers of drugs and alcohol to youth in Pottawatomie County.

“This grant will allow us to continue our focus on making the Citizen Potawatomi Nation a safer place for our Tribe and the community,” said Police Chief Dr. Jim Collard. “More officers and newer equipment will make our jobs easier and we’re thankful to the Department of Justice for these funds.”

New officers added to the patrol unit will allow CPNPD to have more of a community presence and reduce response times to calls within our tribal community.



The CPN Police Department will add officers and purchase new equipment with funds from a Department of Justice grant.

The grant will also serve to work alongside the Tribal Youth Program to promote unity between youth and law enforcement.

“We plan to continue to educate the youth in the community of the perils of drunk driving, but would also have the comprehensive resources of the programs established by

the Tribal Youth Program to reinforce this education,” said Sheila McDaniel, assistant director, CPNPD. “In addition, the Community Resource Officer will work hand-in-hand with the

Tribal Youth Program to build rapport with tribal youth.”

The Citizen Potawatomi Nation Tribal Police Department is responsible for protecting and patrolling the 900 square mile area that is within the Citizen Potawatomi Nation jurisdictional boundary.

This project was supported by Grant # 2013HEWX0034 awarded by the U.S. Department of Justice, Office of Community Oriented Policing Services. The opinions contained herein are those of the author(s) and do not necessarily represent the official position or policies of the U.S. Department of Justice. References to specific companies, products, or services should not be considered an endorsement by the author(s) or the U.S. Department of Justice. Rather, the references are illustrations to supplement discussion of the issues.

CPN Employment and Training receives U.S. Department of Housing and Urban Development Grant

The Citizen Potawatomi Nation Employment and Training program received an \$800,000 grant from HUD to build a new Workforce Development Center. The tribe will use the funds to construct a new facility for the Tribe’s Employment and Training program in order to improve and expand current program offerings in a centralized location and increase the work readiness of Native Americans in our tribal community.

“We are thankful to the U.S. Department of Housing and Urban Development for their

recognition of our programs and the need for this new building,” said Carol Clay-Levi, director of employment and training. “We have been moved several times and we’re happy to have a permanent home and offer more services for our community.”

Programs administered by CPN’s Employment & Training program target economically disadvantaged, unemployed, or under-employed Native Americans. The current facility housing this program is the only CPN social service program that is completely isolated

geographically from other core and interrelated tribal programs.

To address these shortfalls, the proposed Workforce Development Center will be constructed next to other core tribal programs and will be designed to allow sufficient space to fully accommodate the Employment and Training program. More than 85% of the project’s beneficiaries are low- and moderate-income; therefore, the project will improve and expand services to benefit the neediest segment of the population.

The Workforce Development Center will be constructed as a 6,500 square foot building located within the administrative complex adjacent to the Tribal Headquarters. The cost of the project is estimated to be \$1,070,000.

“This grant will enable us to directly address low- and moderate-income Native Americans’ need for sufficient services targeted to foster education, workforce training and employment,” added Clay-Levi. “In so doing, it will help low- and moderate-income

Native Americans maintain employment and rise above the financially neediest segment of the population to become self-sufficient, achieving one of HUD’s and CPN’s shared goals.”

The Workforce Development Center is anticipated to be constructed and ready for service within a two-year period, beginning January, 2014 with an anticipated project closeout of March 31, 2016.

CPN secures federal funds for mineral development, water resources plan and Transit Program

In their ongoing efforts at developing the tribe’s commercial and mineral resources, the CPN Office of Self-Governance and the Office of Economic Development secured federal grants for the upcoming fiscal year. The Citizen Potawatomi Nation’s Transit Program will also continue its mission of providing transportation for the local community through the use of federal grant funds.

The Office of Economic Development secured more than \$300,000 in funding for the third and final year of its Comprehensive Water Resource Plan. The plan is funded by the Environmental Regulatory Enhancement program administered by the Administration for Native Americans (under the

Department of Heal and Human Services).

The previous two years have seen test wells dug along the water flows, both above and below ground, that traverse the Citizen Potawatomi Nation. Currently, 10 early warning well sites are present along the North Canadian River and Little River, which transport water from the Oklahoma City Metro area.

“The testing phase of the water study is complete. This final year will mainly be the U.S. Geological Service build a study. We see that as a ‘what if?’ model,” explained Dr. Jim Collard, Director of Economic Development. “It will help us determine what our water resources are for expanded use, especially in the case of bringing in new businesses that may

require large amounts of water at sites like Iron Horse Industrial Park.”

The tribe’s potential for mineral development, specifically for cement use, will also be studied. The \$50,000 Mineral Development Grant and Cooperative Agreement provides funding for a feasibility study that will assess deposits of sand and gravel on tribal land. It will be administered by the by the Bureau of Indian Affairs, Office of Indian Energy & Economic Development, Division of Energy & Mineral Development.

The ultimate goal would be to develop these deposits for the commercial benefit of the tribe by cutting costs in the tribe’s numerous construction and maintenance projects.

“The Citizen Potawatomi Nation has natural resources on its trust land,” said Assistant Director of Economic Development Kelley Francen. “As we continue on our path towards economic self-sufficiency, this grant will help us to understand the quantity and quality of the mineral deposits, specifically sand and gravel on the tribal trust land.”

CPN has 900 square miles of land, either held in trust or owned by the tribe, and the development of natural resources on this property may help offset costs and boost profits for tribal enterprises.

The Tribal Transit program was also awarded a \$406,000 grant from the Department of Transportation and the Federal Transit Administration. The federal grant will fund the CPN Transportation Department,

which is a stand out program in Pottawatomie County, Oklahoma. It is the first year the program will be administered under the new MAP-21 (Moving Ahead for Progress in the 21st Century) legislation.

Vice Chairman Linda Capps commented on the impact the Transportation Department has on the communities surrounding the Citizen Potawatomi Nation.

“Our Nation provides the only transportation services in the area that are free of charge to the public. I am proud that our

Nation can play a part in helping to alleviate some of the stress for those who do not have their own transportation, and this grant will allow us to continue to serve our community.”

2013 Foster Care Christmas Party



FireLodge Children and Family Services are hosting their annual Foster Care Christmas party on Friday, December 20, 2013, from 5:00-8:00 p.m. There will be food, games, crafts and Santa Claus will pass out gifts to our tribal foster children.

Our tribal foster children have been removed from their families as the result of neglect or abuse. These children are forced to encounter situations through no fault of their own. Christmas time should be a cheerful time for children, not an unpleasant one.

FireLodge Children and Family Services strive to make this time of year a little more tolerable as well as little more joyous for our foster children and foster families.

District 1 Meeting



A few of gathered in Ohio over the weekend of November 18.



Larissa, Ryan and Gary Wade work on crafts.



Mr and Mrs. Daniel Francoeur.



Rick and Penny Moore sit with Guy and Diane Moran.



Youngest - Larissa May Wade.



Susan, Lewis, Danielle and John Garver.



Travelled Furthest - Ellen Pochedley.



Wisest - Robert Pearle.

District 8 Meeting



Art Contest Charise DeWitt wins fine art catagory.



Art Contest Marcus Thompson-art contest winner for crafts.



Art Contest Roslyn DeWitt wins under 12 catagory.



Corrine Welfelt shows albums of Haskell Indian School.



Farthest - Kelly Lynch from Eugene, Ore.



Full house at the Duwamish long house.



Peggy Anderson provides info on Trail of Death.



Wisest - 83 years old Erma Pozzaban.



Youngest -13 weeks old Natalie Navarre.

CPN represented at 2013 White House Tribal Nations Conference

By Eva Marie Carney, District 2 Legislator

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The White House Council on Native American Affairs hears concerns from tribal leaders during the 2013 White House Tribal Nations Conference on November 13 (Photo courtesy of the Dept. of the Interior).

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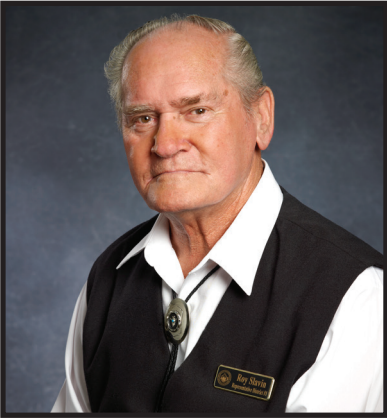
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Nation can play a part in helping to alleviate some of the stress for those who do not have their own transportation, and this grant will allow us to continue to serve our community.”

District 1—Roy Slavin



As I write this my wife and I are preparing for a District 1 regional meeting in Plain City, Ohio, a suburb of Columbus. This meeting will be different from past regional meetings as it will be held at a VFW post as opposed

to a hotel where these meetings are usually held. The meeting and location was suggested by CPN District 1 member, Denise Allman. At this point I must say I have been pleasantly surprised by the wonderful cooperation of the VFW coordinator, Donna Troyer, and the great savings to my meeting budget.

That brings me to my point. I would like to hold other meetings in my district. District 1 is very large, encompassing everything east of Missouri and north of Arkansas. If you are in District 1 and would be willing to assist me in locating a meeting place, I would like to hear from you. My thoughts for meeting places are church group meeting rooms,

American Legion Halls or VFW posts that have facilities for a meeting and are able to provide a lunch. I am especially interested in the far northeast areas of my district, but would not rule out any location. If you have a church group, VFW or American legion chapter that would be interested in hosting a meeting, I would like to hear from you.

My meetings usually consist of a short power point about our great Nation’s facilities and assets in Shawnee, Oklahoma. We talk about the Health Aid Foundation, scholarships, the mail order prescription program and other benefits available to us. We try to answer all questions, and if we don’t, I will get it for you as

soon as possible. I am currently showing a short video “Journey” that covers the removal period up to where we are today. If time permits I usually describe a very short success story, the release of Wadase Zhabwe (Brave Breakthrough) from our aviary. Wadase was once thought to be unreleasable due to her injuries, but is now flying high and free. Wadase was fitted with a GPS so her movements could be tracked, though the harness is designed to fall away in time. When she was first released she didn’t fly very high and the ladies who run the aviary thought that was because she had not been able to fly very high in the aviary. But she was recently recorded at 2000’ feet

above the ground!

As I have mentioned before in this article I would like to hear from the veterans in my district either by e-mail (rslavin@potawatomi.org) or snail mail at R. Slavin, PO box 901873, Kansas City Mo. 64190. Or call me toll free at 1-888-741-5767. I will close this article as always with a plea for your contact information – it you do not receive e-mail or regular mail from me it is because I do not have your contact information. Igwien (Heartfelt thanks)

Bama pi (Later on)

Netagtega (Always planting) (Roy)

Legislative Columns

District 2—Eva Marie Carney



Bozho nikan/Hello friends,

We had a great turnout to the Legislative District 2 Fall Feast this past weekend (Nov. 16). About 25 of us met at the CPN District 2 office and made leather wrapped drumsticks as well as dream-catchers. We enjoyed



CPN members Tiffany Carter (Va.), Walter Hillabrant (D.C.), Marc Pearce (Va.) and Sue Wagner (Va.) crafting their leather-wrapped drumsticks.

a “potluck” feast that came together in a delicious way, discussed our family lineages, current and upcoming Tribal events, and when we’ll next get together in the District of Columbia (springtime when we

make moccasins and/or learn finger weaving). Attending were members and their families from D.C., Maryland, Pennsylvania and Virginia. Among the attendees were a father and son, George Sr. and George Jr. (Ross) Korzeniewski who travelled from Md. to their first CPN get-together! It is always special to attract new members to events, and in this case Ross, who is 17, impressed me by calling ahead to note that his parent and siblings had received Fall Feast invitations but he had not, and asking whether he was permitted to attend, and to bring his father along! (Members under 18 do not get individual Tribal mailings.) Ross made the stand-out dish of the event – a pumpkin roll that had our building’s security guard return to the Tribal office “on patrol” for thirds (no kidding, it was that good!). I always enjoy time with our extended Potawatomi family and was assisted substantially by my husband Alan and daughter Elise/Mtenose who handled so many of the details – and cleanup – for the event. We were also assisted by Karen and Bob/Shaweno Richey, who led the dream catcher craft and prepped some of the sticks we used to make our drumsticks. It does take a village and I’m blessed to have a wonderful one. I hope you enjoy the photos Elise took during the event, that are at the end of this column.

As I report in an article printed



elsewhere in the paper, I had the honor to represent you and other Citizen Potawatomis during The White House Native Nations Conference this past week. Please look for that piece and let me know if you have any questions about it. Upcoming in the first part of 2014 are two further events – the first I am co-hosting with Legislator Roy Slavin (District 1). We have arranged a guided tour of a special exhibit now showing at the Manhattan (New York) location of the Smithsonian. The date is Saturday, March 15, 2014 starting at 2 p.m. We have a 40-person limit and the exhibit is “Before and After the Horizon: Anishinaabe Artists of the Great Lakes.” NMAI notes that the exhibit “features works by modern masters such as Norval Morrisseau, George Morrison, Blake Debassige, Daphne Odjig, and others, who, each in their own way, sought visual expression for the spiritual and social dimensions of human relations with the earth. These same sources of inspiration are visible in traditional

Anishinaabe arts, such as dodem or clan pictographs on treaty documents; bags embroidered with porcupine quills; painted drums; and carved pipes, spoons, and bowls. The continuity of Anishinaabe art emphasizes traditional Anishinaabe spiritual perceptions that are very much part of Anishinaabe identity today. The exhibition provides visitors with an understanding of the Anishinaabe as contemporary citizens of North America with deep indigenous roots in the traditional Anishinaabe homeland of the Great Lakes.”

Even if you can’t attend, I hope you will enjoy viewing exhibit details at <http://nmai.si.edu/explore/exhibitions/item/717/>. For those who wish to attend, please RSVP to either me or Legislator Slavin. We also are working on a brunch location close to the exhibit, for those who can get into Manhattan earlier than the tour time of 2 p.m. Please check back to the Home Page of evamariecarney.com where I’ll post further details as we have them.

Another District 2 event will follow in Charlotte, North Carolina. This meeting, and a naming ceremony to follow, if it can be arranged with individual tribal members, will take place on Saturday, April 5. I am planning a traditional format of introductions and sharing among Tribal members, business update, and lunch. I will follow up with more details as we have them, but please save the date. CPN member Scott Holzmeister is ably assisting in planning this event.

Please send me your email address so I can send you email updates! Also, if you are in District 2 and want to receive a District 2-branded refrigerator magnet as part of my holiday mailing I will need you to confirm your current mailing address (to avoid costly USPS returns of misdirected mail). Please send me an email or leave a message with your current mailing address for this purpose.

Migwetch/thank you for the honor of representing you, and Happy Holidays and New Year!

Legislator Eva Marie Carney/Ojindiskwe (Bluebirdwoman) ecarney@potawatomi.org
CPN Legislative District #2
701 8th Street NW, #340
Washington, D.C. 20001
toll free 1-866-961-6988

Visit my website: evamariecarney.com

District 3- Robert Whistler



Bozho Nikan (Hello friend)

The week of October 13, I was in Tulsa attending the National Congress of American Indians. My week was spent learning about a variety of areas that affect our peoples.

Sunday morning I attended the workshop that reviewed the Affordable Health Care Act.

Unfortunately, a number of areas in the act are still being developed. However, as Mark Johnson in District 7 advised in his November editorial, the coverage for the insurance should be cost free, with no deductible or co-pay. To get more information in this area

you can go onto your computer and access www.Healthcare.gov/tribal and it will give you that information. Should you have specific questions, you can use a chat feature. Simply substitute the word “chat” for “tribal” at the same URL address I gave before.

I know that this information for some is somewhat after the fact, but for those having any questions, I felt a last minute briefing might help.

I tested the basic site to sign in and initially went to www.Healthcare.gov marketplace, where I found a lot of information. The system is fairly simple to use. You setup an account by providing some basic information. Chose a user name and password, along with several security questions to allow you to get or reset your password if it is lost or forgotten. You then apply by entering information about your family and yourself. This includes income, household size and other coverage information. Then you pick a plan from several of those offered that may be available to you. And then click “Enroll”!

I caution you not to simply reply to some incoming email

soliciting your business for this coverage. If you need to get more specific information, I would call an insurance broker who will work with you to find the most economical policy available for you and your family.

The new law mandates that the cost cannot be more than 9.5 percent of your annual salary. However that is only for you and does not include spouse and/or dependents. So don’t be surprised if your cost is greater than the 9.5 percent. If you are over 65 and on Medicare, or if you are on Medicaid, this new law has no effect upon you. However, in regard to Medicaid, there may be some winners and some losers. For many folks in that program in various states, they may have had coverage before or failed to be eligible because of that states income level for eligibility. Now, the level of income for all states is the same, so some may no longer have this assistance.

I have also been in communication with one of our fellow tribal members here in Texas that has been searching for an insurance firm that will offer a special group policy for Native

Americans. Should that come into being, I will be sending out an e-mail with the details. Please be sure that I have an e-mail contact for you.

While at the conference, our Nation was one of three Nations recognized with High Honors. Our Chairman gave an excellent presentation to the general assembly on how our Constitution and form of government was changed and how we have benefited. I was very proud to know that I am a member of our Nation and that our Executive Branch and specifically the Chairman is known for being a highly regarded and respected leader. Many of the other Nations in attendance were interested in this transition and the benefits derived.

As we get into 2014, I will go over some of the other areas where I gained information that may benefit you in the future.

I thank each of you who have allowed me to proudly serve as your representative for District 3. I am here to serve you and welcome your calls for information. So please do not hesitate contacting me.

Before closing for this month, I do want to pass on the new address for the Dallas IHS facility. They are no longer on Jefferson Street, but have moved into a brand new facility very close to Parkland Hospital.

The new address is:

Urban Inter-Tribal Center of Texas
1283 Record Crossing Road
Dallas, TX 75235.
(214) 941-1050 Fax (214) 941-6537.

They are hosting the 7th Annual Native American Awareness Expo on Thursday December 5 from 11:00AM to 5:00PM at the famous Gilleys’ at 1135 S. Lamar St in Dallas. Admission is free.

Bama pi (later)

Bob Whistler/Bmashi (He soars)
Citizen Potawatomi Nation
District 3 Office
112 Bedford Rd.
Bedford, TX 76022
817-282-0868 (Office)
817-545-1507 (Home)
817-229-6271 (Cell)
RWhistler@Potawatomi.Org
CPN3Legislator@Yahoo.com

District 4—Jon Boursaw



Have you heard about the section 184 Home Loan Guarantee Program

What is the Section 184 Loan Guarantee Program?

The Section 184 Loan Program was designed to provide access to mortgage financing to Native American and Alaskan Native tribal members. Section 184 home loans are guaranteed 100 percent by the Office of Loan Guarantee within HUD’s Office of Native American Programs.

This guarantee encourages national and local banks to provide mortgage loans to Native Americans. The Office of Loan Guarantee works with a national network of lenders to increase

Native access to home financing and to improve the value of Native investments. Our bank, the First National Bank & Trust in Shawnee, is a participating lender in this program and will offer mortgages to qualified CPN members living in Kansas.

Why Should You Use the Section 184 Loan?

There are many advantages to using a Section 184:

- Low Down Payment: 2.25 percent on loans over \$50,000 and only 1.25% on loans under \$50,000
- Low Interest Rates: based on market rates, not on applicant’s Credit Scores
- Manual Underwriting: The Program utilizes a hands-on approach to underwriting and approval opposed to automated decision-making tools.
- Growing National Network of Approved Lenders: Our network of approved lenders includes national companies and local banks to suit your needs. Our Lenders have also been trained on the unique circumstances of Native homeownership.

- No monthly mortgage insurance: a one-time 1 percent up front guarantee fee is paid at closing and can be financed into the loan.

- Protection from predatory lending: Our Program monitors the fees our approved lenders can charge Native borrowers. Section 184 loans cannot be used for Adjustable Rate Mortgages (ARMs).

- Knowledgeable Staff: Our staff understands the unique circumstances associated with lending on Native Lands and we work with borrowers to achieve home ownership and to avoid default and foreclosure.

What can you use the Section 184 Loan for?

- Purchase an Existing Home

- Construct a New Home (Site-Built or Manufactured Homes on permanent foundations)

- Rehabilitate a Home, including weatherization (**Temporally Suspended**)

- Purchase and Rehabilitate a Home, restrictions apply

- Refinance a Home (**Temporally Suspended**)

Section 184 loans can only be used for single family homes (1-4 units) and for a primary residence.

Where can you use the Section 184 Loan?

Participating Tribes determine the areas where the Section 184 loan can be used. Many states, including Kansas, are eligible in their entirety while only select counties are eligible in other states.

Who is Eligible to use the Section 184 Loan?

To use the Section 184 Loan, you must be a currently enrolled member of a Federally Recognized Tribe.

Point of Contact at the First National Bank & Trust in Shawnee, OK

Jeff Scroggins
First National Bank & Trust Co.
130 E. MacArthur
Shawnee, OK 74804
O: 405.275.8830
F: 405.275.8980
jscroggins@fnbokla.com

Topeka Office: I plan to keep my previously announced schedule for being in the District office in Topeka of 9-11 on Tuesdays and 3-5 on Thursdays. But I strongly recommend that you call first as I do occasionally have other commitments that require me to be out of the office during those times. Of course I am available to meet at other times if these hours are not convenient.

Christmas Pot luck Dinner: The annual Christmas Potluck Dinner at the CPN Community Center in Rossville will be held Friday, Dec 13. For more information please contact the Senior Support Network Staff at 785-584-6171.

Migwetch,

Jon Boursaw
Citizen Potawatomi Nation
District 4
Legislative Representative
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District 5— Gene Lambert



We are now coming to a time of Thanksgiving, Christmas, Hanukkah, New Years, and passing Halloween for the year 2013.

I really don’t need to tell you that...except to draw your attention to why we celebrate these holidays.

It makes you wonder about the early days of our ancestors. Especially since November is recognized as Native American Heritage Month. November has passed in time but not spirit.

Now we have December where we greet “Handsome Fellow”... “The friend to children.”

Santa Claus, or St. Nicolas, was referred to as Handsome Fellow. He was the Native American version of Santa Claus. He stood

in native attire though, not a red suite with white fur.

As I understand it, Santa was originally brought here to the Americas by the Dutch when they settled in New York in the very early days. Thus we the native people had our own vision.

However the story tells of his birth which was actually in Egypt or Palestine in 325 AD.

So you can see they were completely separate one from the other when we acknowledge the birth of Christ and the gift giving from St. Nicolas or Handsome Fellow. Of course there were the wise men who traveled far to bring their gifts to the King.

There we had ox, mules, sheep but Handsome Fellow had buffalo and goats.

This was God’s gift to his people.

Now in the same way we ponder and question about the gifts we will give our family and friends to bring them the same joy and experience.

Strange is the interpretation of each culture and how they see the gift of giving. That was the way of Handsome Fellow.

Thus presents were exchanged

and hearts filled for those who had little or nothing at all. It brought joy and mystery to many and from that it has grown to the celebrations we know today.

It is the expression of caring made visible.

It has been so commercialized we hardly recognize or remember its purpose. It was not to create debt unless you ask your local shopping malls or Wal-Mart.

Gratitude for all we have and the ability to give and share is the true “Gift. Ultimately the gratitude goes to our creator who has provided.”

I remember having a very difficult time in life and questioning the ability to get from point A to point B. Everyone has their moments in life, the hills, valleys and once in a while a mountain to climb. In talking to an elder the question was asked of me, “Has the Creator not taken care of you all these years? Why are you questioning it now? Do you question every breath?”

“No I do not,” I answered. “I guess I assume.”

“There is your answer”, she said.

Truth isn’t always the easiest to

understand. Somewhere in there you must have faith and trust.

We do survive not as we would imagine rather as we need. Difficulties come from our own resistance of where we are in the moment as apposed to where we want to be.

Human nature is to always want more than we have. Some say it is the “American Way” to grow, to achieve and to accumulate. If you saw my garage you would know I am not innocent of such things...however, I am working on it.

Christmas and the birth of our lord Jesus Christ is celebrated for the gift that he is and was.

St. Nicolas, was a gift giver and better known as a friend to children. Not to be confused with the dual role it has played in such beautiful and badly needed times.

The giving part is acknowledging the abundance with which we live. The gift isn’t as beneficial to the receiver as it is to the one able to give. We call it “Pay it forward”.

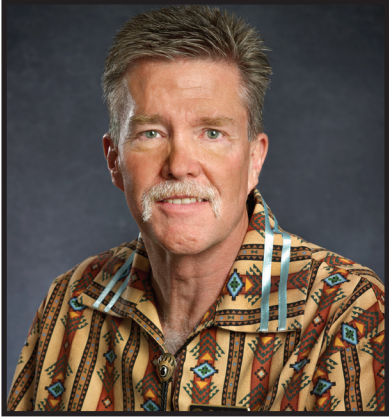
Instead of participating at a certain time of the year...why don’t we make it a New Year’s resolution?

Take what you must, give all you can, and have gratitude in every spoken word for our Creator... the true gift giver.

Have the best of holidays and know you are all in my thoughts.

Eunice Imogene Lambert
Gene Lambert
Legislator District 5

District 6—Rande Payne



Ahau Jayek,

November got off to a great start with a gathering in Culver City on November 2. We were treated to some great culture and blessed with wonderful fellowship around the tables. It truly is hard to imagine the year 2013 nearly over and as I look back I’ve been blessed with a year of great experiences that have contributed to my “Potawatomi” growth. The Culver City gathering ranks high on the list of experiences contributing to that growth.

The gathering started as most do with laying down cedar, smudging and prayer in Potawatomi. Somehow that simple process just sets a sweet tone for any time we are together. We then had a presentation of the Seven Fires Prophecy. The story is actually quite depressing as it tells the story of what was to come for the Anishnaabe prior to our encounter with Europeans. As the prophecy came to be, history now tells us our encounter hasn’t been good. Prior to our encounter with “the light skinned race”, I’m sure it was hard for anyone to imagine a future as troubling as what was being predicted. I liken it to being told that Martian’s from outer space are going to come and take over the world. Both very unbelievable! But the upside is that through it all we have managed to preserve our culture and identity as a people and we are living in an age that allows for the resurgence and celebration of who we are as

Anishnaabe people. The last part of the presentation was much more uplifting as it brought to light the cultural awakening that we are seeing today.

Leslie Deer from Tribal Heritage Productions at the CPN Heritage Center in Shawnee treated everyone to a beautiful presentation of the Fancy Shawl dance. Leslie used to dance competitively and it was amazing to watch her in full regalia as she put her dancing skills to work. The room could hardly contain her! But what was most moving for many was the story behind the dance. Another growth moment for me! It’s a story of love, sorrow and life in both conditions. Everyone was captivated by Leslie’s soft sweet voice as the story unfolded with such realism and compassion that led into full expression through the dance. I shall forevermore look at the Fancy Shawl dance as the beautiful expression of life and Native American culture that it is! Then everyone got a chance to strut their stuff with the Round Dance. It was a great opportunity for some who’ve never danced Native American style to get their feet wet so to speak. The kids, young and old, thoroughly enjoyed being active participants in our culture. I think we could have danced the day away but

Medicine Wheel to teach us not only language, but also the meaning and significance of the Medicine Wheel. How we can and why we do pray in the four directions holds great meaning and significance in our life’s journey. It has been said that the Creator hears us with both ears whenever we also pray in our native tongue. It has also been said that our language is a gift that the Creator gave us. Sam gave us a great lesson of the four medicines found in each of the four directions and their benefits to us. Each is very powerful in its own way but all are needed for having a balanced life. Having a basic understanding of the Medicine Wheel and knowing basic vocabulary of the words that define it may be a great first step for understanding a significant part of our ancestors world view. Our language is quite complex but that’s what adds to the beauty of it and increases the value of the gift. Sam also had everyone participate in a language survey. The goal of the Language Department is to make Potawatomi language learning as accessible and effective as possible. More about that next time. In the meantime you can contact Sam by e-mail at snavarre@potawatomi.org for the latest online class schedule.

laughter and even had an element of suspense. The “Going Home” video gave everyone a chance to taste the richness that is Citizen Potawatomi Nation. For some the reality is that they may not be able to see our tribal grounds in person so the video helps make the connection to where it all began and continues to thrive.

The word thanks isn’t enough to express my gratitude for everything the fine folks from Oklahoma brought to the gathering. Another great big round of applause for them! I also want to thank all who were able to make it to the gathering on such short notice and apologize to those who weren’t. I grossly underestimated the amount of time it takes to come to agreement with a government organization. Invitations couldn’t be sent out until we had a firm location within our budget. The date was set in stone so we had to stay the course. If it didn’t work out for you this time, I hope to see you at an event in the near future.

It gives me great pleasure in recognizing tribal member Susan Ricco and her family for attending all four District 6 events this year. We often recognize the Potawatomi that traveled the farthest for any given event but

turns out that they grew up in the same town! Thanks Susan, Jared, Vincenzo and Giordano for your great effort in participation.

As my term as your Legislator draws to a close I would like to say what an honor and a privilege it has been representing you all. I assure you that I don’t take the responsibility lightly. I believe that as your Representative I have the duty to help bridge the gap between my constituents and all that is Potawatomi. With access to knowledge, information and experiences that most don’t have, I am very driven to share those things throughout the District. I’m extremely grateful for having had the opportunity to meet so many of the great folks within the District over the course of the last four years. Time flies when you’re having fun!

In closing I want to officially announce that I will be seeking a second term as your Legislator. As time marches on, with it will come new challenges and new opportunities. I promise to do my best in meeting those challenges head on and making the most of every opportunity to improve your Potawatomi experience. I’ve said before that one of the most important rights we have as tribal members is our right to vote. Please don’t leave any election to chance. Exercise your greatest right and vote! And with that I ask for your vote in 2014.

I wish you the best holiday season ever. Merry Christmas & Happy New Year!

The angel answered, “The Holy Spirit will come on you, and the power of the Most High will overshadow you. So the holy one to be born will be called the Son of God.” - Luke 1:35

Bama pi,

Rande K. Payne/
Mnedo Gabo
Legislator



Jared Ricco, Susan Ricco, Rande Payne, Giordano Rico and Vincenzo Ricco.

time just didn’t allow. A thought for the future perhaps?

After lunch, we were treated to a language presentation by Sam Navarre from the Language Department at the Cultural Heritage Center. Sam used the

We wrapped things up to the antics and talents of Curtis Grant from Tribal Heritage Productions. Curtis shared a variety of his recent work in media productions. The productions contained valuable information, generated much

Susan and her family earned recognition for the most miles traveled to District 6 events in 2013. Susan is also an active participant in Sam Navarre’s online language classes so it was a great opportunity for them to finally meet face to face. It

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Legislative Columns

District 7—Mark Johnson



Bozho,

Fall weather has arrived in District 7 with cool temperatures, but very little rain so far. The holiday season is in full swing with the New Year is just around the corner. This is a great time of year for family, and as always, I would like to encourage our members to also use this time of year to reflect back on our

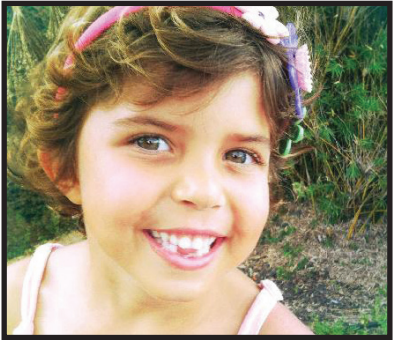
Potawatomi heritage and as our families gather together, take some time to honor that heritage and if you are able, reach out and lend a hand.

Team Carmen.....Swims, Bikes and Runs again for the Waikaloa Lavaman Triathlon 2014 as part of “Team in Training” to raise money for Leukemia & Lymphoma Society (LLS). Team Carmen races in honor of, Carmen Leolani White, a tribal member in Hawaii who passed on October 9th, 2012. Carmen’s ALL Leukemia fight began May 26, 2011. She was very sick but she fought extremely hard - receiving platelets, blood transfusions, many, many pokes, sedations and a bone marrow biopsy. It was difficult to keep track of all of Carmen’s treatment.

Here is an approximation. She

received four blood transfusions, received platelets, two bone marrow biopsies, a femoral line placement and removal in her leg with sedations, PICC line placement and removal in her arm with sedations, surgery with a port-a-cath placement in her chest, over 15 sedations with chemotherapy in her cerebral spinal fluid, nine rounds of chemotherapy, spent 11 days in the hospital, a med-i-vac flight from Kauai to Oahu, 40 days at the Pediatric Ambulatory Unit Clinic, 35 flights away from home to Oahu, 45 overnight stays away from home for treatment and over 100 needle pokes.

She was in remission and almost finished completing her maintenance therapy which would have ended June 2013 when she became ill following a round of chemotherapy. She



Carmen Leolani White passed away suddenly in the arms of her parents at home on October 9th, 2012.

Learn more about Carmen at: <http://www.carmenleolaniwhite.blogspot.com/>

If you are able to make a donation, please visit the teams website

Once again, I would like to say what an honor it is to serve you

as your District 7 representative. As always give me a call and I will be happy to work with you on any questions you may have, or provide you with additional information you may need to access tribal benefits that you are entitled to. Please also take the time to give me a call or send me an email with your contact information so that I can keep you informed of the happenings within the Nation and District.

Migwetch,

Mark Johnson / Wisk Mtek Representative, District #7
1565 Shaw Ave., Suite 202
Clovis, CA. 93611
(559) 323-9941 office
(559) 351-0078 cell
Email: Mark.Johnson@Potawatomi.org
Website: www.markjohnsoncnpn.com

District 8—Dave Carney



Bozho!

Well the holidays are upon us. As we look forward to the promise of 2014, it’s time to reflect on the

past year.

The Nation has prospered in 2013. We have much to be thankful for:

- The Grand Hotel was completed and is accommodating guests in “grand” style. This was no small task, and the Chairman and Vice Chairman should be commended for their long days and undoubtedly some sleepless nights.
- The arena building (as well as several other projects) have been completed and they being pressed into service for events and meetings, including this year’s general council meeting during “Festival”.
- The Nation continues to add members and grow in talent as well as numbers.
- We are a financially stable and healthy organization, with a fine leader like D. Wayne Trousdale watching the pennies. We are not only “not eating the seed corn”, but are making the most of each kernel.

The Nation has also experienced loss in 2013.

- The tornadoes that hit the area surrounding Shawnee impacted on the lives of our staff and tribal

members. We were blessed to have no fatalities, but many of us have friends that were not quite as fortunate.

- Members have walked on. District 8 lost Chuck McKillop, Bob Steele, Steven Skalabrin , Rocky Baptiste and others. We mourn and honor them.

As we look toward 2014, hopefully we see a better economy and more opportunity for our members.

I have enjoyed serving the members in my district and was able to literally meet hundreds of them this year between our gatherings in Vancouver, Wash.,

Eugene, Ore., Spokane, Wash., and Seattle. I have filed the paperwork to run for an additional term, and hope that I have earned both your trust and your vote.

As always, I enjoy hearing from you. If you do not hear from me, I must not have your e-mail! Please consider contacting me so that you can be added to the updates.

Migwetch,

Dave Carney/Kagashi
dcarney@potawatomi.org
360.259.4027
877.335.4395

District 9— Paul Wesselhoft



Bozho Nikan:

The six most profound words

“Why is there something instead nothing?”

That thought kept me awake half the night, and not the first time! Have you given it much thought?

I would be interested in knowing

how early Potawatomi Indians thought of the universe or the distant night skies. I know Indians, in general, were very spiritual long before their introduction to Christianity.

The cosmos is never ending, always expanding; it is infinite.

In this vast and expanding universe, there are billions, if not

trillions, of stars (suns), planets, asteroids, and dust particles. And stars, planets, asteroids and dust particles are still coming into existence.

We could have had a universe without stars, planets, asteroids, and dust particles Reality could have been no stars, no planets, no asteroids, no dust particles,

no universe, no humans, no anything, not even blackness because blackness is something.

Think about that for a moment, or half the night!

Megwetch, Naganit/Leader

District 10—David Barrett



Bozho,

Allow me a second of your time to look back for a moment to the days of yesteryear, I distinctly remember growing up in a home that when my mother would tell me to do something - you better do it or else she would call your hand on it if you didn’t. Also you didn’t have to sit around to see if she would take action if you didn’t do it. When she spoke you knew she would follow through with it.

When my parents’ generation would do business, all they would have to do is shake

hands to close out their business transaction or make a statement that they would make delivery or render the service without even taking any money up front.

Using contracts became necessary when you had a complex set of terms that you wanted to see completed to close certain transactions. This allowed both parties to agree to certain things to move transactions along faster with deadlines.

When you make promises it means the same to me as a hand shake. Today all these things are taken very loosely in my opinion. Please allow me to explain. In the political arena when the politicians stretch the facts or misrepresent the “truth”, they say they were “politically speaking”.

How will the young and seniors decipher what are true facts in order to make accurate decisions?

Making promises---During the

1990s I owned a business in Kansas and during the economic downturn I made a promise to my employees that if they would stick it out with me that they would not lose their job. However, if times became worse all would share in the reduction of hours.

Thru attrition and work place management, we survived the downturn and having retained our trained workforce we advanced our recovery far faster and sooner than most companies. “Man of My Word”.

Over my lifetime it hasn’t always worked to my good. For instance, if I shook a person’s hand and agreed to do something and find out later that I made a mistake on length of time or material or an unforeseen condition, I would approach the third party and explain what had occurred. I would try to renegotiate. If not, I would still honor my word “period”. A person’s word will travel faster than advertising in most cases.

The point that I’m trying to make is that how we live our life is by example. The abuse of misstating the facts when we know them and sugar coating the truths are the results that occur when I state that we are watering down the meaning “Man of Your Word”.

Here are some abuses:

1. Not doing what you say you will do no matter what!
2. Blaming it on an incorrect promise. What is an incorrect promise? A promise is a promise regardless.
3. Using the circumstance as” flippant” as politically speaking (well, it wasn’t a lie but was politically the truth). The truth with hidden factors.
4. Not doing what is right due to the other party isn’t doing it either (two wrongs don’t make one right).
5. Misleading others when you know that what you are doing is wrong.

6. Doing what it takes regardless if it harms others to gain your advantage.

These excuses are totally unacceptable to me and others. Words invoke actions, actions demand responsibilities, claim accountabilities. Everybody has heard the saying “Man of Your Word”. Have you seen any evidence of this saying lately? Teaching and living by example is my hope with my children and grand children that we might be able to put back integrity in our words for future generations.

I hope everybody had a happy Thanksgiving and I wish a merry Christmas to each of you.

It goes without saying that it is both a pleasure and an honor to serve you and our great Nation.

Migwetch

David Barrett/Mnedobe (Sits with the Spirits)
Oklahoma Legislator, District 10
DBarrett@potawatomi.org

District 11 – Lisa Kraft



Merry Christmas

Our Citizen Potawatomi Nation has accomplished great things this

year. I recently went back and re-read all of the Hownikan issues of 2013. Clearly, our members are making their places in this world - in remarkable ways! This is a time to be really thankful for family.

I am saying extra thanks this year to all the employees who make our services and enterprises among the best in Indian Country. I mean outstanding! They set the bar high. I am grateful that big ideas are given attention, finances, and resources to get off the ground and grow. Our Nation is blessed to have tribal representation that strongly supports tribal self-governance and member self-determination. Tribal members have a voice in a

secure political system where there is separation of powers to uphold our laws and beliefs. Our Nation greatly appreciates the endurance and stalwartness of our program and enterprise directors who get the job done, services delivered, and revenues streaming in.

Having attended Chairman Barrett’s remarks at the Harvard Institute’s Honoring Nations awards last month, I listened with great attention to a vision and a solid plan for progress. I wasn’t alone. When I looked out at hundreds of tribal leaders from across America, they too were listening and hanging on our Chairman’s comments of where

we have been as a Native Nation and where we are going. In that moment all eyes and ears were drawn to the stage. I looked over at Vice Chairman Capps and smiled knowingly. I have never been more proud to be Potawatomi than I am today. I expect I will be prouder tomorrow and each following day. Today, our past, our present, and our future are told in our voice and in our words and the world is listening.

This Christmas, please don’t text and drive, make amends with a family member, laugh over old photographs, and take a family walk after dinner. As you set your New Year’s resolutions, remember

that “a goal is a dream with a deadline.”

As we close out 2013, let me also say thank you for allowing me to be one of your Oklahoma representatives. It is a responsibility I cherish.

As always, I am thinking Potawatomi.

Lisa Kraft (Zibikwe)
Bear Clan
Tribal Legislator
(Oklahoma-District 11)
Lisa@CopperBearConsulting.com

Chairman—John Barrett



Bozho Nikan,

As the holiday season approaches, please allow me to again express my gratitude for the privilege of serving as Tribal Chairman. As I have in the past, I also want to encourage all of you to use the occasion of the holidays to gather family members together to share old family stories. The history of our families is the history of our tribe. They are the key to our tribal identity. All of you old folks, and most of you young parents have a story to share that will have a lasting impression on our children about who we are and what we believe.

This is a wonderful time for family, food and celebration. Keeping the holiday “full of wonder” these days takes a little effort, though. Between the TV, the newspapers, the internet, and that cellphone in every pocket, the commercial barrage we all



Seating will be installed at Firelake Arena and the first event will be in January.

endure and the pressure to “bust your budget” can strain your “good nature.” Make this holiday different. Just when you begin to feel like going home and locking the doors give away a smile, a compliment, or a kind word. What you get back will make your day.

We get distracted from the underlying religious tradition of the holiday - giving to others in memory and celebration of the birth of Christ. So, be gentle with yourself this holiday season. Fatigue takes the fun out things. Try doing it the “Tribal Way,” where everyone pitches in.



16 new units at Father Murphy will be ready for tenants soon.

Doing things together, sharing both the task and the “fruits of the labor” can be a gift to both give and receive.

We are so pleased that our employees take on the spirit of giving during the holiday season. During November and December CPN employees will donate canned food items for nearly 300 meals. Employees will also

January. Construction at The Grand Arena will be complete in December when we host Rodney Carrington. Utility work is ongoing at Iron Horse Industrial Park on schedule for a 2014 opening.

I have much to be thankful for this Thanksgiving. I had open heart surgery and a triple bypass in late October. I am now back



The seating is in at Grand Event Center and the first event is this month.

donate toys to local charities and helped the Salvation Army prepare for their Christmas distributions. Migwetch to our employees for their generosity.

Here at the Nation, our several construction projects are doing well. We now have 16 new units at Father Murphy for a total of 75 units. The seating is going in at FireLake Arena and we will host our first event in

at work and feeling better every day. A close call like that gives one a new perspective on life and the value of friends and family and tribe. It is an honor to serve as your Tribal Chairman. I hope to see many of you at our several Regional Meetings. Merry Christmas and Happy New Year.

Migwetch,
John Barrett (Keweoge)

Vice Chairman—Linda Capps



Reflecting on the generous spirit of Citizen Potawatomi Nation (CPN) employees during this holiday season is a pleasant visualization. Many of our departments are working toward preparing Thanksgiving baskets and purchasing Christmas gifts for those less fortunate. Others have set goals to provide mentorships to children of single parent families. Some have signed up for special projects and mission trips. The overall theme seems to be “thinking of others first” even at a time of year when “hurry up” is

customary and almost expected.

I was honored recently to have the opportunity to recognize two of our long-tenured employees at a 477 Program Conference in Tulsa. Carol Clay-Levi, Director



Margaret and Carol.

of CPN Employment & Training (E&T) has been employed with the Nation for 30 years. Margaret Zientek, Assistant Director of that program, has been with the Nation for 16 years. Both of these valued employees have

done what I term “stepping to the plate” many times for our Nation and the community.

These two employees, along with their competent staff members, have hit numerous community

out just two E&T team members without saying that we have several hundred equally talented, kind-hearted, and hard-working employees who constantly strive to have a generous spirit. I hope that you will reflect on the employee population of the Nation...your Nation...during the holidays and consider the fact that the employees are filled with a generous spirit.

Many of you have inquired as to whether I plan to seek reelection in 2014. I am fortunate to have good health, a wonderful family, and superb co-workers. The support and encouragement from my fellow-tribal members to run for the Vice Chairmanship has been humbling. I appreciate those who have contacted me by text, e-mail, phone calls and mail.

I have visited with my adult children and grandchildren to solicit their thoughts and comments of my involvement with the Nation for four more

years. I have contemplated the economic environment that will be needed in the future to provide health coverage, housing and other services, cultural enhancement, infrastructure, and acquisitions that will affect the portrait of a growing Nation. The challenge to remain a part of that planning process for four more years is compelling. I accept the responsibility and understand that if I am elected in June of 2014, there will continue to be a lot of work involved. I am excited about the future possibilities for this Nation and for our people. I would cherish the opportunity to remain your Vice Chairman for four more years.

Migwetch,
Linda Capps

Secretary-Treasurer—D. Wayne Trousdale



Bozho, Nikanek,

I hope and trust that you are all well and have been having a prosperous year. It doesn't seem

possible but we are about to log another year behind us. Where has the time gone? As 2013 comes to a close, let me remind you that the Nation has already closed out its fiscal year on September 30. We have passed a challenging budget for 2014 in the Legislature and look forward to many successes. The Nation's budget is quite complex and time consuming for many people. I would like to thank the many Directors and the fine people in our accounting department who have worked with the Executive team to present a balanced budget for our Nation.

We continue to manage all of

the programs and enterprises to achieve their maximum potential. There is always a fine line in deciding how to reinvest our profits, be it in the many services for our people, or back into the enterprises themselves for the much needed increase in profits for the next year. No matter how well our Nation does financially we always find ourselves with more needs than funds allow. Please know that we are tireless in our efforts to close this gap. The economy has been a challenge in many ways, as I am sure you know. We have been very fortunate with our programs and enterprise returns.

These results are credited to the many fine employees that serve the Nation. While I expect continued concerns about our economy we are on solid footing and should be consistent in our growth.

You have allowed me to serve as your Secretary/Treasurer for three terms, 12 years. With the permission of the elders and the vote of the council I would very much like to continue in my position. Vice Chairman Linda Capps and I are up for reelection in 2014. I believe that our Executive team, including Chairman Barrett, has a very good balance of both talent and

opinion. In my opinion this is one of the healthiest ways to maintain the proper direction of our Nation.

I encourage you to get involved and certainly ask any questions of myself or your Representative on any aspect of the Nation. Thank you for allowing me to serve you as your Secretary/Treasurer and for considering allowing me to continue.

Migwetch,
D. Wayne Trousdale
Netemgiwse

Legislators are not able to retrieve your contact information from Tribal Rolls.

Please contact your Legislator so that you can receive important information about Citizen Potawatomi Nation and your Legislative District!

If unsure who your elected representative is, please visit www.potawatomi.org/government/legislature where you can find a district map and contact information for CPN's legislators



Walking On...



Robert (Bob) Earl Steele

Robert (Bob) Earl Steele, 76, a lifetime resident of Pasco, Washington, died on August 18, 2013. Bob was born July 29, 1937, to Earl and Luella (Patton) Steele. He attended Pasco High School and went on to Columbia Basin College on a football scholarship.

Bob loved hunting, fishing, guns, and fast cars. He served 28 years in the military. He was a loving and caring man and will be missed by all. He was preceded in death by his mother, father and brother-in-law Bill Ziegler.

He is survived by his wife Joyce, daughter Tammy (Fred) Chavallo, grandchildren Chanel and Jordan. Sister Karen (Lynn) Blair, brother-in-law Glen (Connie) Coppersmith, sister-in-law Patsy Ziegler, many aunts, uncles, cousins, nieces, nephews, and lifelong friends.

Bob was active in the following organizations: Past Master & Life Member; Pasco Masonic Lodge #173; Past Masters club; Hiram Award; Life Member; Scottish Rite of Freemasonry Valley of Kennewick; Life Member: The Royal Order of Scotland; Life Member: Thistle Clan, Royal Order of Scotland. Charter Member & Life Member: Masada Shrine Temple and Honorary Member: Affii Shrine Temple; Columbia Basin Shrine Club; Past Patron & Life Member: Beulah Chapter #132, Order of Eastern Star; Past Rainbow Dad of Pasco Order of Rainbow for Girls; Grand Cross of Colors; Life Member: Artemisia Court #64; Order of Amaranth; Life Member: Past High Priest, Pasco Chapter #33 Royal Arch; Bronze Award from General Grand Chapter; Order of High Priesthood; Life Member: Past Illustrious Master Zadok Council #23 Royal & Select Masters; Order of Silver Trowel; Past Most Illustrious Grand Master of Grand Council of Royal & Select Master in WA. Life Member Past Commander Pasco Commandery #21 Knights Templar; Ruben Baer Past Commanders; Grand Masters Club, Knight Templar Eye Foundation; Life Member Knight York Cross of Honor. Life Member Allied Masonic Degrees Council # 46; Life Member: Kamiakin York Rite College #28; York Rite Sovereign College Gold Award; Holy Royal Arch Knights Templar Priest; St. Raphael Red Cross of Constantine; Grand Order of the Sword of Bunker Hill; Pasco DeMolay chapter #888 Past Member & Past Dad Advisor; Life Member: DeMolay Legion of Honor; Life and Endowment Member: National Rifle Association of America; Retired Army; Owner of a 1956 Thunderbird & Member: Classic International Thunderbird Club; Franklin County Historical Society.

Graveside services were held at the Pasco View Cemetery on Monday, August 26.



Edward Wayne (Gises) Brown

Edward Wayne (Gises) Brown, age 48 crossed over on October 9, 2013 at Baldwin Healthcare and Rehab Center in Baldwin, Kansas. He was born May 16, 1965 in Lawrence, Kan. to William “Kise” and Mary Evelyn (Ice) Brown. He is descended from the Ogee-Boursaw families.

He was a member of St, John the Evangelist Catholic Church. Ed worked at Cottonwood, Inc. and took part in the Read, Empower, Attain, Create, Hope program (R.E.A.C.H.), which was for the mentally challenged youth through the University of Kansas and the Catholic Church.

He was a joy and gift to his family of brothers, Stanley and Richard and sister Mary Frances. His three nieces, Sandy, and Alexis, and great niece, Michaela were greatly loved and enjoyed.

He was preceded in death by his parents.

Eddie was an avid Kansas Jayhawk fan prompting the family to request everyone to wear KU attire at the Rosary and visitation. The Chapel was filled with a sea of crimson and blue. He touched many lives and never knew a stranger. Being born with Downs Syndrome did not stop Ed from reaching his full potential and taught us many life lessons along the way. He is sadly missed and leaves an ache in our hearts.



Max Broden Courtney

Max Broden Courtney, 22, Augusta, passed away Saturday, October 26, 2013. Max was born in Ponca City, Oklahoma on October 17, 1991 to Angela Dawn Courtney and Larry Edward Courtney. He attended cooking school with neighbor and friend Matt Childers and worked part time with his dad at Budget Pest Control. He planned to attend Haskell Indian Nation University in the spring semester. He is survived by parents; his son Carter Wayne Courtney and Carter's mother Z'andria Ring; grandparents Tom and Pat Courtney of Ponca City, and David and Mary Mudgett of Slick, Okla.; brother Bron Overbey and wife April of Fayetteville, Arkansas; sisters Farah Parker and Hailie Courtney of Ponca City, Brittney Bostick and husband Josh of Lowell, Ark. Mia Courtney of Lawrence, Kansas, nieces and nephews Ethan Overbey, Alexander Fox, Cassidy Courtney, Emma and Brennan Bostick, Damon Smith, Cierra and

Thomas Callahan; aunts and uncles Teresa Courtney, Sharon Shan, Linda Courtney, David Courtney (Dana), David Mudgett (Candice), Brett Mudgett (Christy), Alecia Perciful (Adam); cousins Carrie and Lee Kirkes, Stephanie and Mike Wilder, Lucas Springer, Bridgett Courtney, Ashlyn and Joe Ewy, Alyssa, Amanda, and Brendon Mudgett, Ian, Evan and Aiden Mudgett, Brody, Braily and Braden Perciful; second cousins Austin and Paige Kirkes, Jacob and Victoria Wilder, Maddox Ewy, Sunni Shan; and many friends and extended family. Max was saved and baptized at Hope Community Church by pastor Steve Weldon in 2000. He was a lover of music, Oklahoma Sooner football and video games.



Nettie Estelle (Wolfe) Poynor

Mrs. Nettie Estelle (Wolfe) Poynor, of Bentonville, Arkansas left this Earth to await the resurrection on Monday November 18, 2013. She was born July 26, 1923 to William Jacob Wolfe and Martha (Curley) Wolfe of Konawa, Oklahoma and was the youngest of 13 children. She had resided in Bentonville since 1970.

She is survived by her son Les Desavado; daughter-in-law, Sharon Desavado; two granddaughters, Sherry Percifield and Heather Haney and husband Chad; and a grandson, Leslie Desavado and wife, Jami, all of Bentonville, Ark. She is also survived by five great-grandchildren, Shandi Sandage of Gillette, Wyo., Shayd Percifield, Tyrell Desavado, Zakia Percifield, Jazmin Desavado, Acelyn Haney and Kovyn Haney , all of Bentonville, Ark.; three great-great-grandchildren, Miles

Desavado, Kylee Smith and Zaylee Sandage in addition to numerous nieces and nephews.

She was preceded in death by Gene Poynor, her husband of 36 years, her mother, father and all 12 sisters and brothers.

Nettie and Gene were both baptized at the same time by the Church of Christ.

Funeral services were held November 23, 2013 at Callison-Lough Funeral Home in Bentonville, Ark. with burial in Bentonville Cemetery. Arrangements were under the care of Callison-Lough Funeral Home of Bentonville. Condolences may be expressed online at callisonlough.com.



Barbara Anne Teller

Barbara Anne Teller, 81, of Manitou Beach passed away unexpectedly on Saturday evening, November 26, 2011 at her home. She had fought a courageous battle with ovarian cancer for nearly five years.

Barbara was born November 6, 1930, in Detroit, Michigan, the daughter of George and Ione (Francoeur) Peeke. Barbara and George B. Teller were married in East Lansing, Michigan, on September 14, 1950. Barbara's greatest joys were spending time with her family and many friends, baking pies and having pizza parties, listening to George play his trumpet, working on jigsaw puzzles, playing the piano, taking long float boat rides around Devils Lake, and working as a realtor. She began her career in real estate in 1972 and was an active member

of the local and State Board of Realtors. Serving as former president, vice-president, and secretary of the Lenawee Board of Realtors, she was also named Realtor of the Year twice and received the Golden Rule Honor in 1996. Barbara and her husband, George, have owned and operated Teller Realty in Manitou Beach since 1980.

Surviving is her husband, George Teller of Manitou Beach; her children, Barry (Penny) Teller of Adrian and Renee` (Rick) Bacon of Adrian; four grandchildren, Shawn (Jon Wozniak) Teller, Kary (Ryan) Luck, Kelly Ferguson and Danielle Snyder; three step-grandchildren; 4 great-grandchildren, Paige and Peyton Luck, Lauryn King and Justin Kohlruss; 11 step-great-grandchildren; one brother, Cleve (Sally) Peeke of Wellesley, MA and one sister, Cathy (Henry) Short of Goodyear, AZ. Barbara was preceded in death by her parents, George and Ione Peeke and her in-laws, Homer and Mary Teller.

A memorial service was held on December 1, 2011 at the Wagley Funeral Home in Adrian with Rev. Steven Newburg officiating. Memorial contributions in memory of Barbara may be made to the Victory Center, 5532 W. Central Ave., #B, Toledo, OH 43615 or to the Hickman Cancer Center, 818 Riverside Ave., Adrian, MI 49221. Envelopes will be available at the funeral home. You may also sign the register book or send condolences to www.WagleyFuneralHome.com.

To submit an obituary, please send a word document and a 300 dpi photo to
HOWNIKAN@POTAWATOMI.ORG



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NOTICE TO ALL CITIZEN POTAWATOMI NATION ALLOTMENT INTEREST OWNERS.

Citizen Potawatomi Nation is interested with speaking to anyone who owns interest in a CPN allotment and would consider selling it to the Tribe. CPN is interested in purchasing this land to further enhance tribal programs and aid in the expansion of the Citizen Potawatomi Nation. It will also help to promote self-governance and reduce or stop further fractionation in Indian trust and restricted land. Furthermore, it helps keep allotment land, and the interests therein, in the ownership of the Tribe on behalf of tribal members. If you are willing to discuss this issue further, or if you have any questions, please contact Robby Jack at (405) 395-0113.